

# COMPASS

*Navigate Your Way Through Sun City Lincoln Hills*



CREATIVE | AND THEY LIVED HAPPILY  
CORNER 12 | EVER AFTER 13

# Contents

**3**

## Association News

- 3 Board of Directors' Report
- 4 From the Executive Director's Desk
- 4 Calendar of Events
- 5 Team Member of the Month Award
- 5 Upcoming Association Meetings
- 6
- 7 Yard of the Month Contest is Baaack!
- 8 Department News

**53**

## Community Forums

**54**

## Entertainment

**59**

## Day Trips & Extended Travel

**12**

- 12 The Creative Corner
- 13 And They Lived Happily Ever After
- 15 What's in a Name?
- 17 Mindful Medicating
- 17 Vaudeville Show Coming in July
- 19 A Many Splendoured Life
- 21 Library News
- 21 In Memoriam
- 21 Volunteer Opportunities
- 21 Bingo

**69**

## Class Index

- 71 Lifestyle Classes
- 89 WellFit Classes

**106**

## Association Contacts & Hours

**107**

## Ad Directory

**23**

## Club News

**47**

## Bulletin Board

**51**

## Community Perks





## Board of Directors' Report

### Capital Projects and the Community Enhancement Fund – A Closer Look

*Ken Silverman, Vice President, Board of Directors*

The Community Enhancement Fund (CEF) provides funds for improvement, enhancement, and expansion of common facilities and amenities. Let's walk through the process.

We'll begin at the beginning of a proposed capital project. If the expected cost is \$250,000 or more, the concept is first presented at a regular meeting of the Board of Directors (BOD) to determine if a Task Force should be formed to study the proposal. This Task Force would gather the data required by the Properties and Finance Committees.

#### **Who and when can a project be proposed?**

- Residents & Clubs twice a year, April and October
- Staff & BOD when presented

#### **How do Properties and Finance Committees make a decision?**

**Properties Committee** begins by asking who initiated the proposal and the rationale for the project. Examples:

- Safety/ADA or another mandate
- Lifestyle/Amenity
- For BOD or Staff proposals, does the request provide a return on investment for consideration and detailed analysis on lifestyle/amenity?

#### **The Properties Committee then does one of the following:**

- Returns proposal, requesting more information;
- Rejects proposal;
- Sets up a joint task force with the Finance Committee, or approve and send it to the

Finance Committee for analysis and recommendations (unless less than \$2000 or no cost, in which case it is sent to the Executive Director).

#### **Finance Committee:**

- Determines possible return on investment (ROI) – not all projects have or require a ROI.
- Analyzes any yearly maintenance expenses, as CEF funds would not fund maintenance. Future maintenance costs could impact dues and the final decision by the BOD.
- Determines its priority at this time.
- Determines if any part of the project is financed by reserve monies.
- Determines urgency due to safety or ADA issue.
- Calculates, when a project is complete and added to reserves, how much it changes the funding on a yearly basis? Should a percentage of the project cost be a payment to reserves?

The Finance Committee then forwards the project to the BOD for a final decision – with or without their recommendation for approval.

#### **Project Funding:** (Where does the money come from?)

- Capital projects can be approved year-round with funds from CEF as those funds do not affect the annual budget.
- CEF funds are flexible except for ongoing operations.
- Large projects that take more than a year can be approved in phases.



*At the April 26 Board of Directors meeting, the Board recognized the Compliance Committee for their volunteer service to the community. Pictured from left to right (\*indicates Compliance Committee member): \*Bob Dale, \*Steve Horrell, Marcia VanWagner, \*David Mateer, \*Viola Kuka, Hank Lipschitz, \*Lynne White, Ken Silverman, \*Marie Barnes, Joe Stewart, \*Mary Lou Taverna, Molly Seamons, Don De Santis, David Conner. Members of the Committee not pictured: Tom Dodaro and Linda Brandelius.*

# Calendar of Events

May 15, 2018 - June 15, 2018

Date	Event	Page #
5/15	Richard Glazier .....	56
5/16	California Academy of Sciences.....	66
5/17	Oak Woodland Walk .....	51
5/19-20	Art & Craft Tour .....	51
5/19	Movie - Heaven Can Wait .....	51
5/21	Grazing the Wetlands .....	53
5/23	Popping Your Pills Properly .....	53
5/23	Farmers Market Opening Day.....	51
5/23	Yard Educational Expo .....	51
5/24	Coffee with the Mayor .....	51
5/24	Garden Group - The Benefits of Trees....	34
5/25	Jeff Applebaum.....	56
5/28	Veterans Memorial Day Program .....	51
5/29	Bingo.....	21
6/1	Decades.....	56
6/2	Movie - Impossible Dreams .....	52
6/4	Movie - Impossible Dreams .....	52
6/5	River Cats vs. Oklahoma City .....	65
6/5	Low Vision Group - Make the Most of What You Have .....	37
6/7	Yountville - Wine Walk .....	66
6/7	Players Club .....	56
6/11	Bird Club - Sierra Foothills Audubon Society .....	25
6/12	Needle Arts Group - Japanese Sashiko Embroidery .....	39
6/14	From Day to Day .....	53
6/15	Whitney.....	54

**Holiday Hours**  
 Memorial Day - Monday, May 28  
 Administration: Closed  
 Spa: Closed  
 WellFit (KS): 6:00 AM to 5:30 PM  
 WellFit (OC): Closed for renovation



## From the Executive Director's Desk

Chris O'Keefe, Executive Director,  
SCLH Community Association

Welcome to the May edition of the COMPASS magazine! I'm sure that everyone is looking forward to summer, and all of the fun things associated with this time of year. May is also a time when we honor the sacrifice of those who have given their lives in the service of our country. I hope that you will take time on the 28th of May to pause and reflect on the impact of those who "walked through the valley." We are the beneficiaries of their sacrifice.

We have many examples here at Lincoln Hills of those who give the greatest gift they have – time, in order to make our community a better place. I learned at the April Listening Post that we have over 100 residents who volunteer at local schools. We have residents who volunteer at the library, police department, and with local senior programs.

We need to find a way to recognize the impact made by these volunteers, both past and present. We are approaching the 20th anniversary of our community, and this is the perfect time to find a way to do this. One thought is to create a special page on our website, a kind of virtual "hall of fame" where we can list the names of residents who have made a positive impact to our community. If you have any thoughts on the subject, please contact me. We should never let an opportunity to celebrate pass by.

I'd like to recognize an "unsung" hero here at Lincoln Hills. Sonya Woods has been a fixture at the Orchard Creek Lodge for years. She participates in many activities and events, and any day that we see Sonya in the hallway is a good day. Her good nature and positive outlook on life should be an inspiration to all of us. We are a better community with Sonya on our team.

In closing, I would like to put forth the thought. When our community is presented with challenges and opportunities (Food and Beverage and the possible expansion of Fitness programs come to mind), we can find ways to swim against the current, or we can come together in a spirit of cooperation, looking for options that best serve our community. It's not a new thought, and in fact it is what we have managed to do over the last 18 plus years. As we approach our 20th anniversary, let's remind ourselves that we all have the same goal – to keep this the best community around, and to conduct our business in an atmosphere of kindness and mutual respect.



**Team Member of the Month Award – April 2018**



Our April 2018 “Team Member of the Month” Award is Braulio Ruiz! Braulio joined the Facilities Department in April 2015 as a Set-Up Tech. Braulio excelled in that position and now holds the job title of Lead Set-Up Tech. These are just a few quotes shared by our staff about Braulio:

*“Braulio is, without a doubt, essential to the operational success of Lincoln Hills. Whether we request assistance with an event in freezing cold or blazing heat, Braulio is on the scene with a smile and helpful attitude. He is reliable, kind and works well with our*



*residents, vendors, guests, and staff!” “I enjoy working with him, and I am glad he is a part of the team. He is a good troubleshooter! He is always helpful and has a GREAT attitude, and goes above and beyond what is requested and never complains.”*

Congratulations Braulio! Thank you for your dedication, long hours and your commitment to our team, clients, and residents. You make the “behind the scenes” look flawless and effortless! We are fortunate and lucky to have you as a key asset to Lincoln Hills!

**Upcoming Association Meetings: May 15 – June 30**

Golf Cart Registration	Thursday, May 17, June 7 & 21, 9:00 AM
Finance Committee Meeting	Thursday, May 17, 9:00 AM, P-Hall (KS)
Listening Post	Tuesday, May 22, 11:00 AM
Board of Directors Meeting	Thursday, May 24, 9:00 AM, P-Hall (KS)
Board of Directors Special Session	Thursday, May 24, 10:30 AM
Board of Directors Executive Session	Thursday, May 24, 11:00 AM
Elections Committee Meeting	Friday, June 1, 10:00 AM
CCOC/Clubs & Community Organizations	Tuesday, June 5, 9:30 AM
Compliance Committee Meeting	Wednesday, June 6, 9:00 AM
Properties Committee Meeting	Thursday, June 7, 9:00 AM, P-Hall (KS)
ARC/Architectural Review Committee	Monday, June 11, 9:00 AM
Board of Directors Executive Session	Wednesday, June 20, 9:00 AM
Finance Committee Meeting	Thursday, June 21, 9:00 AM, P-Hall (KS)
ARC/Architectural Review Committee	Monday, June 25, 9:00 AM
Listening Post	Tuesday, June 26, 11:00 AM
Board of Directors Meeting	Thursday, June 28, 9:00 AM, P-Hall (KS)
Board of Directors Special Session	Thursday, June 28, 10:30 AM
Board of Directors Executive Session	Thursday, June 28, 11:00 AM

*Meetings in Orchard Creek Lodge unless noted otherwise.*



## Finance Committee Report

### Properties and Finance Committee Relationship

*Robert Copp, Chair, Finance Committee*

It is impossible to have a full picture of the role of the Finance Committee without talking about the role of the Properties Committee. The Finance Committee has the oversight of the financial policy of the Association and is responsible for, among other things, recommending funding plans for Capital Enhancements and other projects for Board approval. The Properties Committee is responsible for the appearance, maintenance, and care of the Association’s physical properties and for reviewing and recommending capital projects and forwarding them to the Finance Committee.

To further describe the role of the committees in reviewing capital projects, the Properties Committee approves the project’s scope and the Finance Committee approves the funding plan and forwards the entire project to the Board for approval. In the past, while the Finance Committee could deny the project funding or return it to the Properties Committee for more information, the reason had to be based on lack of funds rather than on a disagreement on the project’s scope.

To clarify the role of the committees for capital projects, the Board is expected to provide new guidance on the role of both committees. To ensure that

each committee gets to see the whole picture, joint meetings are being planned. As we learn how to coordinate better, I expect the Finance Committee members to ask questions to ensure they fully understand the scope of the project and I expect the Properties Committee members to understand the financial impact of the project scope they are forwarding to the Finance Committee.

Elise Homer, Chair of the Properties Committee, and I will discuss how to make this joint committee effort seamless going forward. If additional information is needed, a task force of one or both committees can be created to get all the necessary information before a project is recommended to the Board for approval.

Our staff is continuing to improve our financial reporting processes and ensuring the financial information they provide is accurate and accounted for appropriately. To this end, the March financials include year-to-date numbers that have corrections from January and February. While the overall budget is staying within balance, expenditures are higher in some areas and lower than expected in others. To stay on top of these issues, I have appointed a Finance Committee member to oversee the financial reports from each department.

## Preliminary Statement of Operations YTD March 2018

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance	Annual Budget
	Actual	Budget		
Homeowner Assessments & Other	\$2,065,725	\$2,056,461	\$9,264	\$8,261,646
Administration (Expense)	(517,265)	(529,105)	11,840	(1,977,330)
The Spa at Kilaga Springs	(4,239)	(1,410)	(2,829)	15,010
Fitness	(101,684)	(119,050)	17,366	(479,280)
Activities	(208,878)	(171,280)	(37,598)	(509,370)
Rec. Center / Maintenance	(1,207,300)	(1,323,933)	116,632	(5,300,730)
Food & Beverage	(158,586)	(86,845)	(71,741)	(35,538)
<b>Net Revenues (Expense)</b>	<b>(\$132,228)</b>	<b>(\$175,162)</b>	<b>\$42,933</b>	<b>(\$25,592)</b>
<b>CEF/FMA Net Change YTD Mar 31, 2018</b>	<b>\$81,317</b>	<b>CEF/FMA Balance Mar 31, 2018</b>		<b>\$816,300</b>

## Listening Post Update – Chris O’Keefe, Executive Director

We had another good Listening Post in April; thank you to all who attended. We have moved from the Solarium to other rooms due to the increase our audience, and I hope we eventually move to the entire Ballroom. The Listening Post is a great way to give our residents the “right scoop.”

We started the meeting with an update on the firebreak mowing and our grazing herd. Grazing is one of the best programs we have brought to our community and has been very well received. Firebreak mowing is an important part of our Preserve Area maintenance and helps to ensure that we are providing our community with the highest level of fire protection available.

We also provided an update on the Orchard Creek Fitness renovation. We provided timelines and spoke to the fact that this was the largest renovation in the history of our community. Our facilities are 18 years old in some cases, and we will see several similar renovations in the coming years.

We are fortunate to have a solid reserve fund and Community Enhancement Fund to assist in these efforts.

We also addressed the “Rumors of the Month.” For April, there was a rumor that we would no longer be serving food at the Kilaga Café. This, like most rumors, was not factual and was one we were happy to set straight.

The Listening Post is a great venue to get an update on Association activities, and have your questions answered in a friendly, fun, and respectful setting. If you haven’t been to one, I encourage you to attend. Giving residents the right information is one of our most important tasks. We hope to see you in May.

**Listening Post meets on the fourth Tuesday of each month. This is your opportunity to ask questions of our Executive Director and guest speaker, and their opportunity to Listen and provide answers. Please come join in the discussion.**



### Architectural Review Committee

**Yard of the Month Contest is Baaack!**

*Carole Dummett, ARC Chair*

We are pleased to reinstate the Yard of the Month contest effective May 1 to September 1. Residents are asked to submit a printed color photo of a neighbor’s front yard with a brief explanation of the features they found attractive with an accompanying address. Submissions should be deposited before the fourth Monday of each month in the ARC/Compliance Drop Box located in the Resident Information Center at Orchard Creek Lodge, or email your submission to: community\_standards@sclhca.com. At the end of each month, ARC members will review all submissions and make a selection for that month with a unanimous vote based on the placement of turf, plants, rocks and other yard features. The winning homeowner will receive a \$100 Gift Card to spend at any of our facilities in Lincoln Hills. They may also be recognized at a Board meeting and in the *COMPASS* Magazine or the SCLH eNews. Homeowners of selected yards also have the right to opt out of consideration.

#### **Committee Openings**

The Board has granted us the ability to add five

new members for a 15 member committee. Now is the time to submit your application – it’s interesting and fun! The only requirement is being a property owner in good standing in Lincoln Hills, email address for committee communications and a willingness to follow the governing documents established for this community.

#### **Committee Updates**

Michael Hughes served as ARC Chair for one year, resigning effective March 1, 2018. Thank you, Michael, for your service to this committee. I have filled the Chair position with Rick Meyers as Vice-Chair.

Check your *COMPASS* Magazine each month for ARC articles with tips and information involving our

Design Guidelines and ARC activities.

See you at Yard Educational Expo May 23. Plan to attend and drop by our table. It’s a fun and informative event!

Our regularly scheduled meeting on May 28 has been canceled due to the Memorial Day holiday.

Please contact Community Standards 916-625-4008 or arc@sclhca.com for ARC questions.





Let us serve you with a view  
**Meridians**  
 Restaurant & Bar

### Happy Hour at the Pool and Summer Concert Series!

*Kristy Woodin, Director of Food & Beverage*

Summer is finally around the corner! Time to splash your way into some cool water and tunes. Happy Hour at the Pool will be back June 14 and will last every Thursday from 4:30 to 7:00 PM until August 30. We will feature live music from Steve and The Fun Company.

The Summer Concert Series is always busy for Meridians. We will again be having our "Special Concert Breakfast" on the days of the summer concert starting at 6:00 AM. Drop your chairs early and then come on in for a buffet of scrambled eggs, potatoes, bacon, sausage, pancakes, and fruit for only \$8. Come back for dinner where we will be offering a Summer Concert Buffet Dinner for \$17.99, including Chicken Cordon Bleu, Pot Roast, Caesar Salad, and more. On concert nights we will offer buffet and sports bar menu only. Don't forget to make reservations as people book these days well in advance!

We only have a couple of weeks left of our "test phase" of Home Delivery. So far the response has been great! Stay tuned to eNews and Meridians website regarding the new hours and menu that will start the first couple

weeks of June. Reminder, there is a \$20 minimum order for delivery. All you have to do is call 916-625-4044, place your order, and we will bring it right to your door!

#### Chef's Recipe for the month:

##### Green Goddess Dressing

###### Ingredients:

- |                       |                             |
|-----------------------|-----------------------------|
| ¼ bunch parsley       | ¼ cup champagne vinaigrette |
| ¼ bunch dill          | ¼ cup agave                 |
| 1 bunch chives        | 1 Tbsp apple cider          |
| ½ bunch cilantro      | ½ cup water                 |
| ½ bunch tarragon      | Juice of ½ lemon            |
| ½ Tbsp chopped garlic |                             |

**\*\*BLEND ALL INGREDIENTS TOGETHER WHILE SLOWLY ADDING ¾ CUP OF CANOLA OIL\*\***

###### In a separate bowl

Mix together ½ cup Greek yogurt, ¾ cup mayonnaise, ½ cup sour cream. Slowly whisk blended ingredients into the bowl of yogurt, mayo, and sour cream.

\*Makes about 1 Quart\*

Best used as a salad dressing, but works great as a marinade on chicken or seafood!



### WellFit News

### Pillars of Functional Training for Active Aging (continued)

*Deborah McIlvain, Director of Lifestyle, WellFit and Spa*

I hope you had a chance to read my April article about Functional Training. This month I will be talking about what type of exercises/programs are considered functional.

Functional training programs are very individual because older adults vary greatly. Some may need help getting out of bed while others are more athletic and need to know how to train with pre-existing, age-related conditions. For example, your program must be progressive, meaning that you gradually add intensity, duration, and complexity, so the starting point can be quite different for each person. If you have a hard time standing, you will need to start out with dynamic balance training. Mobility is difficult without stability; for example, you could work on static and slow dynamic balance tasks such as standing, shifting your weight, and reaching up at angles. More athletic individuals need to focus on dynamic balance tasks such as multidirectional stepping, lunging and agility patterns. If you're not sure where to start, reach out to a SCLH Personal Trainer; they are highly experienced and will sit down and talk with you to find out where you need to start.

Another important factor is mobility training; joint mobility is the core of functional movement. The ability to maintain a full range of motion in your joints is very important to staying independent in combination with muscular strength for tasks such as getting up off the floor. SCLH Pilates Reformers programs can help with range motion, balance and strength. Exercises that are done on these machines require you to focus on your core muscles while working on strength and maintaining a large range of motions. A few of our SGT classes like TRX, Balance, and Fall can also give you similar results. It is about finding what you like to do so you keep doing it!

The last thing we can't forget is cardiovascular aerobic training; yes, this is functional too. This is important to maintain so you can climb stairs, go shopping, travel, and stay active. You don't have to just jump on a treadmill for this. Try a water or spin class, for example, which are both great for functional cardio and the instructor will take out all the guesswork for you.

OC Fitness is closed currently for updates on restrooms, pool, equipment, and painting; please make sure to read your eNews for progress updates!





## Lifestyle News & Happenings

### Say Hello to our Lifestyle Guest Services Team!

*Lavina Samoy, Lifestyle Manager*

Have you dropped by Orchard Creek Lodge lately and seen our newly renovated Front Desk? Isn't it beautiful? At Orchard Creek, the Front Desk is shared by Membership and Lifestyle, while Kilaga Springs provides Lifestyle services exclusively. To be more descriptive of the work they provide, we have also updated the Lifestyle team job title to Lifestyle Guest Services.

Our Lifestyle Guest Services team members are unsung heroes who take care of your class registration, send you off on trips, sell concert tickets, provide directions, help with room access, answer Lifestyle and greater community questions, and do so much more for our members and guests. I cannot be more grateful for these dynamic, conscientious, smart, hardworking, dedicated and caring individuals. They are the lifeblood of our department and an integral part of our success. Next time you are at the desk, please take your time to express your gratitude, respect, and compliments. They would love to hear it!

If you have not purchased your Summer Amphitheater Concert tickets, buy soon! **Decades** opens on **June 1** with their high energy performance of hits from the 50's through today. They are followed by the award-winning performer **Dee Dee Simon** belting out and dancing to **Whitney Houston** hits on

**June 15.** Bay Area's best **Santana Tribute Band, Carvanserai** will get you rockin' on **June 29**. The series continues through September (page 54.) Package sales are now closed.

The **Speaker Series** (page 61) and the Sacramento Broadway series, now called **Broadway on Tour Sacramento** (page 62) are back! Our trips offer you the convenience of coach drop off at the theater entrance and great seats to enjoy the show. Your early registration commitment helps guarantee the trip's success.

July brings a variety of classes for you and your grandkids to create amazing memories together! From crafts, cooking, painting, dance, and music, choose one or all classes listed on page 71 under Summer Fun with your Grandkids.

Our **Wednesday, May 23 Farmers Market opens**. Enjoy the opening day festivities with dance and art demos while shopping for fresh produce and unique items from our vendors (page 51).

A **BIG Thank You** to those who participated in and cheered for all the pets during our **Pet Fair and Parade last month**. With your support, we hope to make this an annual event.

Please email feedback to me or Lily Ross (lily.ross@sclhca.com), Lifestyle Assistant Manager. We would love to hear from you!

## Lifestyle Guest Services



*Meet our awesome Lifestyle Guest Services Team:  
Standing (L to R): Nita, Dawn, Mary, Lydia, Gudrun, Carolyn,  
Lois, Charla & Sheila; Sitting (L to R): Teresa, Joan & Doreen.  
Not in photo: Deirdre*



*Orchard Creek desk in action!*



## The Spa at Kilaga Springs Health and Wellness from Head to Toe

*Trudy Smith, Spa Manager*

I just read an article discussing the health benefits of spa services. Some people think of a visit to the spa as a superfluous and dispensable expense. A luxury. It's nice, but you don't need it. However, research suggests that spa treatments not only help to increase wellbeing, but they may also significantly improve health and longevity.

The research study found that massage can significantly lower cortisol levels and increase production of serotonin and dopamine. Researchers reviewed studies on depression, pain, auto-immune conditions (including asthma and chronic fatigue), immune system conditions (including HIV and breast cancer), and stress.

"These studies suggest the stress-alleviating effects (decreased cortisol) and the activating effects (increased serotonin and dopamine) of massage therapy on a variety of medical conditions and stressful experiences." Chronic stress is associated with mental health problems, including depression, anxiety, personality disorders, cardiovascular disease, heart attack, stroke, and obesity, among other things. These findings suggest that massage can have a significant impact on

quality of life, health, and longevity.

Let our talented group of massage therapists contribute to your health and wellbeing.

We have had great success with the new addition of the Hydrafacial. Hydrafacial can give you the best skin of your life! It cleanses and peels, uncovering a new layer of skin then extracts and hydrates with intense moisturizers. Finish with saturating the skin's surface with antioxidants and peptides to maximize your glow.

We have extended the Hydrafacial Signature and the Deluxe Hydrafacial promotion for another month. We have also created a Kilaga Springs Custom Hydrafacial combining our Kilaga Custom Facial with the Signature Hydrafacial for a promotional Rate of \$199, regularly \$240. The treatment has all the Spa comforts with the power of the Signature Hydrafacial.

Look for an Open House launch party flyer to introduce special pricing options on Hydrafacial treatments. Membership programs for all three services, the Signature, the Deluxe, and the Kilaga Springs Custom Hydrafacial, will be available soon.

See you in the Spa. Remember we are open to the public so bring your friends and family!

# LINCOLN HILLS' #1 Real Estate Team!



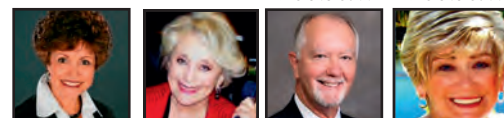
Gail Cirata #00481659 Broker Assoc. 916-206-3503	Michelle Cowles #01821892 916-295-8532	Julee Disgrazzi #02055847 916-295-4653	Pamela Elliott #00482405 916-508-5385	Steve Evans #01334468 916-224-4352	Pam Everett #01134130 650-619-9866	Don Gerring #00631339 916-747-5050	Steve & JoAnn Gillis #01968756/#01018109 916-303-6420 916-316-0815	Yvonne Holm #01969667 916-616-6555	Donna Judah #00780415 916-412-9190	Wendy Judah-Olsen #01764197 916-276-4194
---	--	--	---	--	--	--	---	--	--	--



Tish Leo #01217695 916-257-3410	Jean Lund #01966589 916-751-0712	Jill Mallory #01844265 916-201-3855	Paula Nelson #01156846 Broker Assoc. 916-240-3736	Kathy Nowak #01327209 408-348-0641	Pat Pelton #01806447 916-276-8909	Tara Pinder #00898876 916-600-2836	Peggy Poole #00521665 916-765-3434	Tony Portman #00686943 Broker Assoc. 916-214-7888	Ann Renyer #01746828 916-343-6044	Michael Renyer #00894446 916-343-6044
---------------------------------------	--	---	--	--	---	--	--	--	---	---



Bill & Jan Rexrode #01700676/#01700677 916-408-3997	Loree Risi #01203309 916-716-0854	Keneta Sanchez #00960821 916-257-1004	Holly Stryker #01900767 916-960-3949
---	---	---	--



Doreen Traxel #00822877 916-698-0801	Tangi Walker #00820609 916-316-1112	Tony Williams #01390054 916-521-3400	Sharon Worman #00905744 916-408-1555
--	---	--	--

916.543.5222  
cbsunridge.com

Each office independently owned & operated.  
CA DRE #01441035

1500 Del Webb Blvd. #101  
Sun City Lincoln Hills, CA 95648

**Property Management by Gold Properties**  
[www.goldpropertiesoflincoln.com](http://www.goldpropertiesoflincoln.com) **916.408.4444**

#01366131

# FEEL BETTER ABOUT YOUR GAME

## GROUP CLINICS WITH STEVE TREADWAY

### **Beginner Classes - 8:30 AM to 10:00 AM**

June 4th  
June 11th  
June 18th  
June 25th

### **Intermediate Classes - 8:30 AM to 10:00 AM**

June 7th  
June 14th  
June 21st  
June 28th

## REGISTER IN THE GOLF SHOP

LEARN TO PLAY BETTER WHERE YOU LIVE. CLASSES OPEN FOR MEN AND WOMEN BEGINNER AND INTERMEDIATE LEVEL PLAYERS. ALL CLASSES ARE FOUR SESSIONS MEETING ONCE A WEEK FOR 1 1/2 HOURS. SESSIONS COVER EVERYTHING FROM THE PUTTER TO THE DRIVER. PRICE OF THE FOUR WEEK CLASS IS \$80 PER PERSON.

916.543.9200

  
LINCOLN HILLS  
GOLF CLUB





**Creative Corner**  
**The Rhyming Raptor**  
 An Interview with Jim Fulcomer  
 Nina Mazzo, Roving Reporter

What is the Creative Corner? In the coming months I will introduce you to residents who “create” in a variety of ways. This month, meet Jim Fulcomer, President of the Writers Group who jokingly refers to himself as the Rhyming Raptor!

Jim Fulcomer’s poetic passion is playing with words, for example, “Lions chase and don’t say Grace.” Rhyming is his favorite style. He grew up in a creative household and from a young age enjoyed the writing process. Jim noted there was a time when personal letters were an integral part of our lives and they offered folks a chance to share their feelings with more than characters and emojis used in tweets today. While in the Air Force, Jim wrote comedy sketches and later continued writing short stories and books for children.



His creativity is sparked by a variety of sources – he looks to the news, politics, history, science, astronomy, and even advertisements. Take a look at this example:

**Triscadecaphobia**

*You do not need an Astrolobe, to be a triscadecaphobe.  
 The feeling that when Friday lands, on the thirteenth; Show of hands!  
 Who worries if bad luck will fall, on you, or on your beck and call.  
 What do you really have to fear, or counteract? It’s never clear—  
 So should misfortune be your lot, then disengage with all you’ve got!  
 And if you have sky-diving plans, I’d be among the also-rans...*

Jim Fulcomer told me that inspiration can strike at any time and added his credo is simple: “You can make your reader angry or happy – but never ever bore them!”

Jim can be reached at [jjfulcomer@me.com](mailto:jjfulcomer@me.com) for further information on the Writers Group and he is also happy to share more of his clever, creative and witty poetry!

Mom’s home. Mom’s safe.  
**We’re both happy.**



**Eskaton’s leading home care solution**



Trusted, committed and trained caregivers are ready to help you or your loved one enjoy an independent life. We provide help with meals, transportation, exercise, shopping, medications, companionship, personal care and more. It’s a whole new life for you and your loved one. Affordable. High-Quality Care. Peace of Mind.

Call 916.459.3220 for a FREE in-home care evaluation.  
 HCSB #31470008

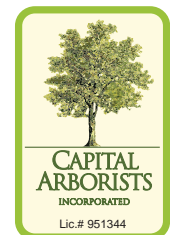
916.459.3220 | [LiveWellAtHome.com](http://LiveWellAtHome.com) | [Care@LiveWellAtHome.com](mailto:Care@LiveWellAtHome.com)



**Our services**

- Tree & shrub pruning
- Tree & shrub removal
- Planting
- Seasonal care & maintenance
- Fertilizations
- Pest & disease control

**C**apital Arborists, Inc. will keep you comfortable and content inside and outside your home! We provide complete tree and landscape plans to create the optimum healthy home and garden environment. Our team of Certified Arborists excels in plant, tree, and landscape care plans that are customized to your property.



[capitalarborists.com](http://capitalarborists.com)  
**(916) 412-1077**

*Call us for a free inspection!*



## And They Lived Happily Ever After...

Joan Logue, Roving Reporter

But after *what*? After we retired from our work-life and raised a family, we are in a new phase of our lives. Now, what will we do? We all have asked ourselves this question.

For most of us, moving to Lincoln Hills meant we could take advantage of many leisure activities that were hard to squeeze into our busy working and family life. Now we have time to play softball, tennis, swim, learn pickleball, bocce, dance, etc. Others appreciate having the time in the day to play cards, take classes, or sing in the chorus. These are wonderful hobbies, and they keep us active and social—which are very important to health and happiness.

But for many of us, those activities do not have the same kind of reward as we got out of work and raising children. Having a career and seeing our kids grow up give us a sense of accomplishment that can only be realized when we give to others. Fortunately, we have opportunities here to give to others—through our volunteer programs.

Volunteering has many benefits for us: improves longevity and quality of life; it benefits our emotional well-being and provides needed social interaction.

Volunteering can keep our mind sharp, and perhaps we will learn new skills, and make new friendships.



Concert Volunteers



Handy Helper, Barry Mackintosh servicing a resident's garage door.



Putting together swag bags for the 2018 Pace Race.

Lincoln Hills is a great community that has been built on volunteers. Every club and group was started and is run by volunteers. Of course, the Association Board and Committees are all volunteers. Support groups are all volunteers. Neighbors InDeed are all volunteers such as the awesome Handy Helpers. The Lincoln Hills Foundation is run by all volunteers, as is the Schools group. These are “helping organizations,” and they always need more volunteers. The City of Lincoln also has a Volunteer Center, and you can get involved with civic events this way and meet new people of all ages.

Why should I volunteer? Because it can establish a sense of identity, give you a meaningful purpose to your life, and you will forget your aches and pains and live longer and happier. As one Lincoln Hills volunteer put it, “Helping others is very personally satisfying.” Another, “Being socially and intellectually engaged with people as a volunteer furthers my mental and physical health.”

As Jerry Savelle says, “The essence of living is giving.”

**Competitive • Locally Owned • Community Customer Focused**



**Hardwood | Carpet | LVT | Laminate | SCLH Residents – FREE PAD UPGRADE**  
 5842 Lonetree Blvd., Rocklin, CA 95765 • 916-626-6800 • www.calcarpets.com  
 Hours: Monday – Friday: 9:00 – 6:00 • Saturday: 9:00 – 4:00 • Lic# 0076356

**THE PREMIER CHOICE FOR  
 Painting & Crown Moulding**



**Interior/Exterior Painting**  
**Cabinet Painting**  
 Crown Moulding & Baseboard  
 Wainscoting & Box Beams  
 Interior & Exterior Doors  
 Custom Texturing & Drywall Repair  
 And So Much More.... Call Us!

**CALL FOR A FREE ESTIMATE**  
**916-434-5600**



**4GTL**  
**CONSTRUCTION, INC.**  
 REDEFINING YOUR LIFESTYLE ONE ROOM AT A TIME

Family owned by  
 The Lewis Family



Please visit our website for a complete list of services

**WWW.4GTLCONSTRUCTION.COM**

\*Not valid with any other offer. Expires 10/11/17. Lic. #948376



## What's in a Name?

*Al Roten, Roving Reporter*

Most of us in Lincoln Hills are in new surroundings with names that abound with nuances of history. Examples are found in the Twelve Bridges area and the amenities that were built by Del Webb/Pulte.

George Whitney came to this area in 1857 and purchased 160 acres of land that would become Spring Valley Ranch. His son Joel Parker Whitney expanded that ranch to vast holdings of more than 20,000 acres, segments of which include Stanford Ranch, Sunset Whitney, and Twelve Bridges. Our homes are located in the Twelve Bridges segment. Whitney made many innovative land improvements and enjoyed showing these to visitors by taking them on a tour of the area. The road he developed passed over twelve granite bridges—three original bridges are found in the Twelve Bridges Golf Course. Several homes were built within Spring Valley Ranch including “The Oaks,” “The Gables,” “The Palms,” and “The Heights.” Orchard Creek, a stock watering canal, flows through the community.

When the Del Webb organization formulated plans for Lincoln Hills, a committee was formed to name various amenities. From this, we have Orchard

Creek Lodge with many of its rooms named after buildings and features of the original Spring Valley Ranch. Of note is that the WellFit Center in Orchard Creek Lodge was originally named “The Wave,” for the constant motion that we see at that facility. Look

around our lodge for these names from our rich history.

Street names are another thing. There were too many streets to name them all after the Whitney heritage, so other potential names were brought into play. A manager in the Del Webb group, Gregg McKenzie, who was given the task of naming the

285 streets within Lincoln Hills, developed sets of names based on themes derived from history, geography, astronomy, geology, nature, etc.

Examples are roses in village 30, birds in villages 33 and 36, and early California, village 40.

A final note. You may be curious about why residential street names change as they cross main streets (like Spring Valley Parkway, Stoneridge, and Del Webb Boulevards). The City of Lincoln requires this for our safety to expedite 9-1-1 call responses.

The next time you drive or walk through a nearby neighborhood, take note of the street names. They tell interesting stories. A fun heritage!



*Whitney Oaks  
The Oaks, a J.P. Whitney Home*



*Example of Intersection Name Change*

The Right Care, Right at Home®



Services We Provide

- Light Housekeeping
- Bathing Assistance
- Daily Health Reminders
- Transportation/Errands
- Post Surgery/Rehab Care
- Ambulation Assistance
- Meal Preparation
- Laundry

Experts in long-term care insurance claims



Right at Home Valley Oaks  
 916.302.4243 or 855.764.8141  
 Serving Sacramento and Placer Counties  
 www.rah-valleyoaks.com



# Tara Pinder

Selling Sun City Homes since 1999

Top Producer - Masters Club  
 Over 32 years real estate experience



**Tara Pinder**  
 (916) 600-2836  
 mspindy@mac.com  
 Lic# 00898876



Keep Calm and  
 Sell Real Estate!



## Valley View Church *incoln Hills*



*loving God...loving each other*

Sundays at 9:30 a.m.

Kilaga Springs  
 Presentation Hall



Please join us each  
 Sunday  
 At 9:30 am  
 Pastor Tom  
 always has a great  
 message to take you  
 through your week.

We're right here  
 in Sun City



Pastor Tom & Linda Galovich  
 Phone: 916-740-3044  
 vvclhsc@gmail.com



Jim Miller, Assistant Pastor  
 Phyllis Miller, Music Director

www.valleyviewchurch.us

Find us on Facebook

FREE ESTIMATE ON SITE

# SUPER MARIO PLUMBING HEATING & AIR



## KITEC REPLUMBING!

# 916.588.7767

LIC#: 986303 Insured & Bonded

CHECK OUR RATES AT [WWW.REPIPEYOURHOUSE.COM](http://WWW.REPIPEYOURHOUSE.COM)





## Mindful Medicating

### Are your pills safe or harmful?

Shirley Schultz, Health Reporter

Medications can improve one's quality of life if taken correctly, or they can significantly harm a person if taken incorrectly. This article will focus on those aspects of medication safety the consumer has control over. The most important defense against medication error is to avoid a "Don't ask, Don't tell" policy, but rather ask questions and become informed about the medications you take. The issue of medication safety will be addressed at the **May 23 Community Forum, "Popping Your Pills Properly" by Drs. Bajwa and Reza** (see page 53).

Medications include prescription drugs, over-the-counter drugs, herbal preparations, nutritional supplements, and sometimes food. All these contain chemicals that can and often do interact with each other in the body. One example is taking red yeast rice as a supplement while also taking a statin drug to lower cholesterol. Chemically, both are similar and not only stand to cause overdose, but both have the same potential for adverse reactions. Another example is taking St. John's Wort along with a drug from a class of antidepressants called SSRI's such as Prozac or Zoloft. Since both are similar chemically, one could expect similar potential side effects and adverse reactions. Remember, since most herbal preparations and nutritional supplements have little or no governmental regulation, consumers may find it difficult to know scientifically if a product is safe and effective.

There are many ways for medication errors to occur, and the consequences can be relatively harmless to potentially fatal. Pharmacy Times reported that the top five most common prescription drug errors are: lack of awareness of expiration dates; taking an incorrect dose; using drugs at inappropriate intervals; taking drugs at the wrong time of day; and combining drugs without physician guidance. Here are some tips to avoid becoming a victim of a medication error:

- Keep an up-to-date list of all your medications (generic and trade names).
- Organize your pills by using a pillbox or automatic pill dispenser, especially with multiple drugs.
- Read and save the information sheets that come with medications.
- Store medications in their original labeled containers.
- Don't chew non-chewable medications.
- Never cut or split pills unless directed by your doctor or pharmacist.
- Check expiration dates; avoid taking medications that are expired.
- Don't take someone else's medication and vice versa.
- Never be afraid to ask questions regarding your medications.



## Vaudeville Show Coming in July

### "Step right up, folks!"

Doug Brown, Resident Editor

What better way to spice up your days of summer than an early July show full of fun and frolic? Vaudeville director Yvonne Krause-Schenck is excited about this year's acts. "It's a true variety show – in the spirit of the Vaudeville shows of yesteryear – when 'anything goes' as we feature the many talents of Lincoln Hills residents!"



Jackie pleads with Logan, her "prisoner of love"

Vaudeville has been around for 150 years, and in the late 1800s enjoyed enormous popularity as a family-oriented show with singing, dancing, comedy, and more. Likewise, this year's "Golden Revue" Vaudeville variety show will keep audiences clapping and laughing all the way through!

This year's show promises to be better than ever with acts featuring "The Five Sinatras," the Sunny Singers, hula and jazz dancing, the Out-of-Line Dancers, cloggers, standup comedy, some creative audience participation, and much more!

So, step right up, folks, and enjoy a rollicking two hours of delightful entertainment! And, hey — how about treating the grandkids to this show that'll entertain all ages?

The shows are Friday, July 6 at 6:00 PM and Saturday, July 7 at 2:00 PM and 6:00 PM, for the bargain price of \$12. For ticket information, see page 56.



Eeek! Scary people!

Three generations —  
Since 1977.  
Good maintenance saves  
you money!



• SALES • SERVICE • INSTALLATION



**PECK**  
HEATING & AIR  
CONDITIONING

Call Now  
(916)  
409-0768

Lic # 566294

www.PeckHeatingAndAir.com ~ 4221 Duluth Ave, Rocklin, CA

## PREFERRED PAINTING

### WHY CHOOSE US?

- Owner at all Jobs
- Quality Control 2nd to None
- Stucco Repairs
- Sheetrock Repairs
- Bonded & Insured
- 30 Years Experience
- 50 Year Caulking
- Pressure Washing
- Textures
- Worker's Comp

**You Prefer Only the Best! • (916) 203-3830**

**SENIOR DISCOUNTS!**

PreferredPainting4U.com • American Made • Lic #775537

## Knock on Wood Distinctive Designs in Cabinetry

Bruce R. Wallace

**916.622.0294**

knockwood@gmail.com



CSLB: 970076



Before



After

Kitchens ~ Vanities ~ Baths ~ Offices  
Media Centers ~ Wall Beds ~ Libraries

## GIBSON & TUTTLE

A Law Corporation

- + Estate Planning
- + Trust Administration
- + Wills/Trusts
- + Probate
- + Elder Law
- + Powers of Attorney
- + Health Care Directives
- + Tax Planning
- + Conservatorships
- + Guardianships



Guy R. Gibson Ernest H. Tuttle, IV  
**Certified Specialists in Estate  
Planning, Trust and Probate Law**

**(916) 782-4402**

100 Estates Drive, Roseville, CA 95678

Lic. #800456

**CLUB CRUISE & Travel** supports  
the Lincoln Hills Foundation  
serving our Lincoln Community



**Up to 5%** of your new cruise booking through Club  
Cruise will be donated to the

Lincoln Hills Foundation when you mention this ad.

Let's support the local community together. Call for details.

**SHOP LOCAL!** Call **CLUB CRUISE & Travel**  
for all of your travel needs at **916-789-4100** or stop by:  
851 Sterling Parkway, Lincoln, CA Across from Raley's. CST#203338040

## NEW LEGACY LANDSCAPING



**15% OFF COMPLETE  
LANDSCAPE PACKAGES**

SOD - PLANTS - PAVERS  
ALL TYPES OF CONCRETE - PATIO COVERS  
GAZEBOS - RETAINING WALLS - PONDS - WATERFALLS  
IRRIGATION AND DRAINAGE SYSTEMS - TREE PRUNING  
NEW BARK OR ROCKS - HILLSIDE CLEANUP  
INDOOR/OUTDOOR PAINTING - ALL TYPES OF INDOOR FLOORING

**CALL ANDY LE FOR A FREE ESTIMATE!**  
**CELL 916.213.9003 | OFFICE 916.363.1948**

LIC. # 988769 BONDED & INSURED



## A Many Splendored Life Elaine Small honored with Neighborhood Watch award

*Patricia Evans, Neighborhood Watch*

"I have always been willing to try new challenges," said Elaine Small. "How can I use my knowledge to innovate and make something better?" This is the mantra of Elaine's life.

Elaine grew up on a Michigan farm and did not realize her potential until her first job as a telephone operator. The complicated switchboards were challenging, but Elaine quickly moved from a beginner to one of the head operators.

"How soon?" was Elaine's reply when her husband asked her if she would like to move their family of four children from the snowy Midwest to California. Elaine was determined to elevate her educational status and earned a B.A. in education and an M.A. in speech at Sacramento State. She became a speech therapist with San Juan Unified School District when her youngest son had learning issues.

Elaine learned computer programming and designed training programs for an insurance company, meat-packing firm, senior center, cell-phone company, a rehabilitation center for children with dysfunctional parents, school district maintenance department



*Elaine Small receives a Neighborhood Watch Certificate of Recognition Award from Linda Minor, Executive Director.*

with 97 sites, and a University of California medical education office. Wow!

Acupressure fascinated Elaine, and her skill as a practitioner was valuable when her second husband contracted Parkinson's disease. She also takes pride in developing a medical records binder, available to all who would like a paper copy.

Neighborhood Watch has benefited from Elaine's skill as a director, village coordinator, mailbox captain, map maker, maintenance of Boris the Burglar signs, and supervision of assembling new resident welcome packets.

Please turn to page 39 for more Neighborhood Watch news.

Contacts: Linda Minor, [lindaminor@sbcglobal.net](mailto:lindaminor@sbcglobal.net) 707-235-0778; Pauline Watson, [frpawatson@sbcglobal.net](mailto:frpawatson@sbcglobal.net), 916-543-8436.



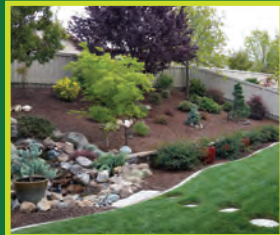
## Did You Know?

A homeowner must apply to the Architectural Review Committee (ARC) and receive approval for all exterior paint color applications to your home, including doors and accessory structures. This requirement includes homes being re-painted the same color, as many color palettes are no longer permitted. Approval is not required to touch up trim and other parts of home with existing colors, as part of routine property repair and maintenance. Paint book palettes and color chip request forms are available in the Resident Information Center at the Orchard Creek Lodge.

Free Estimates!



## LANDSCAPE SPRAY SOLUTIONS



Stop stickiness on trees and plants. Now's the time!

Deep Root Feeding • Weed Control  
Turf Fertilization • Insect Control • Fruit Tree Spray

**Never pull a weed again!**

**ASK US HOW!**

**(916) 903-7172**

Fully licensed, bonded, and insured

Cal Dpr #39331 | Pest Control License #121740

Free Estimates!



## GOLDEN STATE TREE CARE, INC.

Serving the Lincoln Hills Community since 2005



Father and son owned and operated.

Bill Martinho, Owner/Operator

**(916) 652-9090**

Fully licensed, bonded, and insured

California State License Board #936958 | Arborist #WE1673 | Pest Control License #96182

SRG  
SENIOR  
LIVING



## What can you learn about senior living at our Lunch and Learn? *A whole bunch.*

Ask questions. Take a tour. Ask more questions. It's casual, it's complimentary and you're invited.

Sierra Pointe Senior Living Community's next Lunch and Learn is on Wednesday, May 16th at 11:30am. Please call to RSVP.

## Sierra Pointe

INDEPENDENT & ASSISTED LIVING

5161 Foothills Blvd • Roseville  
916.572.2945 • SierraPointeRetirement.com

RCFE#312700263

- ✓ Implants
- ✓ Aesthetic Dentistry
- ✓ Reconstructive Dentistry
- ✓ Dentures

Call Dr. Clark

**916-783-0122**

Learn more visit [www.drclark.pro](http://www.drclark.pro)



Jefferson Lee Clark  
specialist in prosthodontics

Implant, Aesthetic, and Reconstructive Dentistry

Lic. #00835049



## Library News

*Sandy Melnick, Library Volunteer*

Once, again, we are asking for your cooperation when donating books. Please look in the back of the title page and find the "latest" published date. We accept books published 2012 and later. Our library has limited shelf space, and that is why we can only take later published books. Please do not bring us old, torn, or damaged books. Thanks for all your donations as that is the basis of our libraries. We do not purchase books or magazines.

Have you looked on the shelf near the top of the sofa in the Kilaga Springs library? We have latest editions, books made into movies and staff picks. We update this section all the time and know you will find a book that is interesting and/or entertaining.

How much do you know about our first astronauts and their wives? In *The Astronaut Wives Club* by Lily Koppel, you can find out what happened to all these celebrities. This interesting book gives you a glimpse into the lives and stress of these women and what they dealt with during the late 1950s and 1960s. This book is in the History/Politics section of the KS library.

Contacts: Sandy Melnick at 916-408-1035 for donations; Adrian Felice at 916-408-4332 for volunteers; Ruth Poehlmann at 916-408-4419 for investment materials; and Bobbie Swenson at 916-543-6362 for the Community Living Room (OC).

## In Memoriam

### Edwin Wayne Atkinson

Big Ed, as he was affectionately called, touched many lives with his gentle nature and zest for life. He was born in Reno, Nevada, but he graduated from high school in Wheatland, California. After serving in the U.S. Airforce for four years, Ed was hired by PG&E where he enjoyed a 38-year career in the electric department. He spent a great deal of time on his ranch in Vacaville raising horses. He enjoyed golf, country music, playing billiards and spending time with family and friends. Ed is dearly missed by his wife, Cynthia, two sisters, one brother, four children, thirteen grandchildren, and two great-grandchildren.

### Rick Bluhm

Rick was born in Minnesota but grew up in Southern California. He received his degree in Business Administration from California State at Fullerton. He also received his Real Estate Broker's license and moved to the Auburn, California area where he lived until moving to Lincoln Hills. Active in civic affairs, Rick served on the Auburn Chamber of Commerce, and in Lincoln, he served on the Economic Development Committee. Golf was his favorite past time, and he was active in the Auburn Valley Country Club. He leaves his wife Christine, four children and seven grandchildren.

## VOLUNTEER OPPORTUNITIES!

### Are you a writer?

The COMPASS is looking for writers. Are you a creative writer, enjoy writing about sports, humor or poetry? Please contact Theresa Renken, COMPASS Editor.

### Committee Openings

There are several committees that need your volunteer time and expertise. Committees with openings include:

- **Compliance Committee**
- **Architectural Review Committee (ARC)**
- **Clubs & Community Organizations Committee (CCOC)**
- **Communication & Community Relations Committee (CCRC)**

Committee applications are available at the Lifestyle desks (OC/KS) and online (**Resident Website**>Committees).

## BINGO IN THE BALLROOM

Lincoln Hills Foundation presents



# BINGO



Tuesday, May 29

Orchard Creek Ballroom

Doors open at 12:30 PM

Cost \$20 for 12 games

No alcohol; cold water \$1.00

Groups of 7+ to reserve a table:

[Bingo@lincolnhillsfoundation.org](mailto:Bingo@lincolnhillsfoundation.org)

For free popups, visit:

[www.lincolnhillsfoundation.org](http://www.lincolnhillsfoundation.org)

Meridians Lunch special 11:30 AM

 SUN CITY LINCOLN HILLS

# FARMERS MARKET

## • OPENING DAY •

WEDNESDAY MAY 23, 8AM - NOON



### SCHEDULE OF ACTIVITIES

**9:00 - 10:00AM**

#### ZUMBA

Zumba with Summer

**9:30 - 11:00AM**

#### ART PAINTING

Art painting demo from Sip & Paint Instructor Unni Stevens

**10:00 - 10:30AM**

#### LINE DANCING

Line Dance demo with Instructor: Yvonne Krause

**10:30 - 11:00AM**

#### COOKING DEMO

Chef Ian prepares healthy and delicious meals using fresh produce

**11:00 - 11:30AM**

#### HULA DANCING

Hula demo with instructor Pam Akina

Browse from a variety of vendors offering fresh produce and one-of-a-kind items. Stop by the Activities Department booth to view Card Making and Quilting class project display samples and learn about available classes.





## Club News

### Alzheimer's-Dementia Caregiver's Support

There are some 200 folks in our support group roster who are caring for someone with some form of Dementia – usually Alzheimer's. There are more outside of our group who haven't yet understood the symptoms or are simply in denial about their significance. This applies to family members, the undiagnosed, and even an unfortunately large number of primary care doctors. Though it varies greatly, all reach that point of recognition of



Our Support Group

behaviors that cannot be dismissed. By documenting these incidents and frequency of forgetfulness, confusion or new inabilities, family members are better prepared to track the progression of symptoms then get professional advice and available treatment. Having

a support group such as ours will provide you with a safe and supportive environment of peers.

**Contact: Jeff Andersen**  
916-434-6009, 2jeffa@gmail.com



### Amateur Radio

The Lincoln Hills Amateur Radio Group joined the Western Placer County Amateur Radio Club to support the Tour de Lincoln held on 12 May 2018. The Tour de Lincoln is a premiere bicycling event on multiple courses in the foothills surrounding Lincoln. LHARG is the emergency communications group for Lincoln Hills and the City of Lincoln and operates a repeater at 443.225 MHz with a PL code of 167. Radio operators are available if there is a natural disaster, terrorist attack or whenever effective communications are critical. If you are an amateur radio operator or want to become one, join LHARG members on Monday nights at 6:30 PM at the South Gate Entrance to Lincoln Hills to learn about the LHARG communications network.  
**Contacts: Jim Darby 916-408-8599;**  
**Clare Schloenvogt 916-253-9155**  
**Website: www.lharg.us**



### Antiques Appreciation

On June 4 we will have a showing of dolls and toys from as far back as the 1800's.

Russian nesting dolls ranging in number from 3 to 12 inside each other, Porcelain dolls with their own small quilts and little tin toys should make the morning interesting and fun as we reminisce about childhood toys from years passed.

It's time to buy your ticket for our Summer Solstice Soiree on June 21. Held in the Kilaga Kitchen at 5:30 PM. Everything is included from drinks to dessert, even the fun, and laughter for \$10.

Meetings are in the Heights and Gable Rooms (OC), the first Monday of the month from 10:00 to 11:30 AM. Visitors are always welcome.

**Contacts: Jo Quirarte 916-408-7140,**  
**Pat LePage 916-543-5964**



### Astronomy

Thursday, May 17  
Telescope Interest Group (TIG)  
Observing at Blue Canyon

Contact Bob Collins (bobcoll@community.net) for more information

Monday, May 21  
Cosmology Interest Group (CIG)

Don Wilson will give two presentations "Graviton Discovery — Really, Really Huge" and "A NEW Law of Gravity" Fine Arts Room (OC) 6:45 PM. Contact Morey Lewis (eunmor@pobox.com) for more information.



**BOULDER CREEK**  
**SYNTHETIC GRASS**

(916) 532-8124 CL #827258

Before

After

- Tile
- Marble
- Travertine
- Limestone
- Slate
- Granite
- Cleaning
- Sealing
- Polishing
- Tile Changes
- Repairs
- Color Staining

**916-297-3356**  
Lic # 986004

**SRS**  
simplyrestoredsurfaces.com

**SK Sparkling Home**  
Cleaning Service

Locally Owned & Operated  
Services Tailored to Your Needs  
Licensed, Bonded, Insured  
**Let's Get Started**  
**(916) 587-2741**

Lic #GSD01820

**GRAND OPENING!**

ENJOY A BEAUTIFUL AND HEALTHY SMILE THAT LASTS A LIFETIME!

ACCEPTING NEW PATIENTS!

**LINCOLN CROSSING**  
DENTAL

Christopher Phen, DDS | Marjorie Jara, DDS  
Cosmetic, Implant, General Dentistry, & Wisdom Tooth Extraction

**NEW PATIENT SPECIAL**  
Comprehensive Exam with Digital X-Rays **\$29**  
New Patients Only. Must Present Coupon.

**SPECIAL OFFER**  
Free Implant Consultation & Second Opinion  
Including Necessary X-Rays

A CARING, KNOWLEDGEABLE & SKILLED DENTAL TEAM  
ACHIEVE HEALTHY TEETH AND GUMS FOR A LIFETIME  
EMERGENCY APPOINTMENTS AVAILABLE  
AFFORDABLE PAYMENT OPTIONS

**916-253-7000**  
109 FERRARI RANCH RD. LINCOLN, CA 95648  
Lic. #GSD01752

**GUCHI** INTERIOR DESIGN *Creating Beautiful Homes ...ONE ROOM AT A TIME*

LUXURY KITCHEN, BATH DESIGN & REMODELING

ASK US ABOUT OUR NEW STAINLESS STEEL OUTDOOR CABINETS!

HARDWOOD / TILE / CARPET · CUSTOM WINDOW COVERINGS & UPHOLSTERY  
CUSTOM INDOOR & OUTDOOR CABINETS · FIREPLACE DESIGN & REMODELING  
CUSTOM AREA RUGS · 3D RENDERING · LUXURY OUTDOOR LIVING DESIGN  
UNIVERSAL / AGING IN PLACE · CURBLESS SHOWERS

**GUCHI** INTERIOR DESIGN  
10050 FAIRWAY DRIVE, SUITE 100  
ROSEVILLE, CA 95678 (916) 786-9668  
WWW.GUCHIINTERIORDESIGN.COM  
MONDAY - FRIDAY 10-5, SATURDAY 10-5  
CONTRACTORS LICENSE NO. 938832

MEET YOUR NEWEST REAL ESTATE SECRET WEAPON: CENTURY 21® AGENT #396-04. **YOU CAN JUST CALL HER MARY OLSEN.**

**Century 21**  
SELECT REAL ESTATE, INC.

**Mary Olsen**  
BRE#01313270  
CENTURY 21 Select Real Estate, Inc.  
801 Sterling Parkway  
Suite 100  
Lincoln, CA 95648  
916-521-5492  
mary.olsen@c21selectgroup.com

**CENTURY 21 Agents:**  
**SMARTER. BOLDER. FASTER.®**

©2016 Century 21 Real Estate LLC. All rights reserved. CENTURY 21® is a registered trademark owned by Century 21 Real Estate LLC. An equal opportunity company. Equal housing opportunity. Each office is independently owned and operated.



Wednesday, June 6 LHAG General meeting 6:45 PM in the Ballroom (OC). Note the change in location this month. John Combes will give a presentation on the "Hubble Space Telescope - its history with updated findings along with some of its spectacular Images."

**Contacts:** Ron Yelton 559-289-8792, Barbara Swerdlow 916-253-3301  
**Website:** www.lhag.org



### Ballroom Dance

The "April in Paris" themed Ice Cream Social held on April 30 was a great success. Dancers traveled to Paris vicariously prompted by rhinestone encrusted Eiffel Tower miniatures adorning the table tops, and several French songs on the playlist.



Lynda and Ernie Wilson

Membership, only \$7/year, is open to Lincoln Hills residents, sponsored guests, couples, and singles, who want to learn or refresh ballroom dance steps. Lessons are every Tuesday in KS: Beginners from 2:00 to 3:00 PM and Advanced from 4:00 to 5:00 PM. Open dance hour is 3:00 to 4:00 PM. Cha Cha lessons wind up on May 15 followed by the Tango on May 22 and 29 and June 5, after which we repeat the West Coast Swing lessons for the remainder of June.

**Contacts:** Sal Algeri 916-408-4752, Olivia Eckert 916-749-9051



### Bereavement

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support meetings are held on the second

www.sclhresidents.com

Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meeting will be July 11. Please note that there will NOT be a support meeting in June. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be at Red Robin on Thursday, May 24 at 11:30 AM. For more information or to put a Memoriam in the Compass, contact Joan.

**Contact:** Joan Logue 916-434-0749, joanlogue@sbcglobal.net



### Big History

The Big History Club is moving. The club's been bursting at the seams in the Fine Arts Room (OC). Now we're moving to P-Hall (KS). But to make that happen, we had to have some other changes, effective May 7: New days: First and third Mondays. New times: 10:00 AM to noon.



Presentation Hall: Big History's new meeting site

May topic: An exploration of "Dirt" (May 21). On June 4, will be a presentation from those who traveled to an excavated cave in South Africa.

On June 18, there will be a chat by folks who had their DNA tested (Dave Lewis is looking for volunteers; please call 916-626-2795), followed by a social event. Big History will recess for the summer, resuming on September 17.

**Contact:** Ranny Eckstrom 916-708-0165, ranny44@yahoo.com; **Website:** www.bighistorysclh.com



### Billiards

The Women's Tournament is every Tuesday from 12:45 to 3:00 PM. The Billiards Group is offering free lessons at KS to all residents on Tuesdays, 9:00 to 10:00 AM. This is



Upstarts

for new and returning players (men and women) you do not need anything to play. Just show up and see what we have to offer. Remember it's free.

**Contact:** Tony Felice 916-408-4332, atfelice3@gmail.com



### Bird

Our next monthly meeting is June 11 at 1:30 PM in the P-Hall (KS). Heath Wakely, past president of Sierra Foothills Audubon Society, will speak to our group on the sexual selection of birds. Heath is an active member of the Western Field Ornithologists and brings many years of experience to each of his informative talks.



Lawrence's Finch along the Canyon Oaks Trail in late March.

We have two local bird walks coming up. On May 23 we visit Traylor Ranch Bird Sanctuary and Nature Reserve. This walk winds through mixed woodlands and is about a mile and a half. Then on June 8, we head to Loomis Horse Park. This is an enjoyable area of

*Did you know that the manufacturer warranty follows your hearing aids when you transfer your care to a new Audiologist?*



*Call now to learn about our Patient Adoption Program!*



**Tracy Volkman, AuD**  
Doctor of Audiology

GOLD COUNTRY  
*Hearing*

**916-259-0953**

**4780 Granite Dr. #600**  
**Rocklin, CA 95677**



**Ceil Butler**  
Office Manager

- Accepting new patients
- Service most major brands of hearing aids
- Complimentary hearing aid clean/check including aids purchased elsewhere

- Accept all major health insurance plans
- 0% financing also available on approved credit
- Free batteries and services with hearing aid purchase for the entire life of the hearing aid

**PHONAK** A Sonova brand

[www.goldcountryhearing.com](http://www.goldcountryhearing.com)

Business License: 012802

parklands and riparian habitat. One highlight of the walk is the colorful Bullock's Oriole which seldom disappoints.

**Contacts:** John Garfein 916-666-2364, johndgarfein@gmail.com, John Redmond 916-253-3511, jcred40@gmail.com; **Website:** www.lhbirders.org



### Bocce Ball, Mad Hatters

The Mad Hatters Bocce group was formed for the purpose of acquainting the residents of Lincoln Hills with the rules and fun of Bocce. We give free instruction and furnish all equipment. From November to April we play Bocce every Thursday Morning at 10:00 AM. Beginning in May, we start our Thursday Bocce sessions at 8:00 AM. The Mad Hatters Bocce group is open to all Lincoln Hills residents. We play to a relaxed set of Bocce rules that make the game fairly simple and easy to learn, no experience required. The only physical requirement is that you be able to bend over and pick up the balls. We also have a handicapped accessible court.

**Contacts:** Paul Mac Garvey 916-543-2067, pmac1411@aol.com; Bob Vincent 916-543-0543



The Gang's All Here

### Book, OC



*Snow Falling on Cedars*, by David Guterson will be discussed on May 17. This award-winning novel focuses on a small-town reporter who covers the murder trial of a Japanese-American.

Schedule, remainder 2018:

June 21: *Where'd You Go Bernadette*, by Maria Semple  
July 19: *The Martian*, by Andy Weir

August 16: *A Gentleman in Moscow*, by Amor Towles

September 20: *The Orphan Master's Son*, by Adam Johnson

October 18: *The Underground Railroad*, by Colson Whitehead

November 15: *The Winter of Our Discontent*, by John Steinbeck

December 20: Holiday Luncheon

We meet for book discussions on the third Thursday of the month at 1:00 PM in the Multipurpose Room (OC). Newcomers are welcome. For more information, check out our website.

**Contacts:** Darlis Beale 916-408-0269, Penny Pearl 916-409-0510 or Dale Nater 916-543-8757;

**Website:** LHocbookgroup.blogspot.com/ or Wiki: ocbookgroup.pbwiki.com/

### Bosom Buddies



Our last meeting, at the Window Box Cafe', gave us a chance to socialize as well as to catch up on the latest news. June's speaker will be Georgiana Rivera,



Mae Gagnon with March's speaker Ashley Morse

licensed social worker. She'll speak on a topic yet to be decided, but as always, one that will be informative and interesting.

We'll be participating in the annual "Cancer Relay for Life" to be held at the Auburn fairgrounds in August. This annual fundraiser has a number of fun events to raise money for cancer research. Bosom Buddies will lead the walk behind our "Survivors" banner, and we still have room for members to join the team. Bosom Buddies meets the second Thursday of the month at 1:00 PM in the Multipurpose Room (OC).

**Contacts:** Marianne Smith 916-408-1818, Patty McCuen 916-408-4185, Val Singer 916-645-8553; **Website:** www.sclhresidents.com.



### Bridge, Duplicate

Directors are an indispensable part of our games. Without them, we have no games. The Director makes sure the game

**Service — Repair — Installations**



**Good Value**

Heating and Air Conditioning

**Glenn Julian (916) 532-7252**

*"Just an old-fashioned, honest job at a fair price — that's good value."*



**\$30**  
off any  
repair

Free service  
call & estimate  
for any repair

Tune-up for  
\$49.00 —  
save \$20

**www.GoodValueHeatandAir.com** CSLB #644732

# Sprinkler Medic

**LANDSCAPING • DRIP • DRAINS • SPRINKLERS**

Landscape & Repair Services

**916 663-9931**

[www.sprinklermedic.com](http://www.sprinklermedic.com)

By Rick Johnson Landscape • Ca State LIC #918143 • Insured & Bonded

# Luxury Senior Living

The community you've imagined...with the care your loved one deserves



Oakmont of Roseville, a luxury senior living community, offers five-star services and amenities with a continuum of care.

Enjoy exquisite dining, friendly concierge service, weekly housekeeping and much more!

*Restaurant-Style Indoor and Outdoor Dining  
Private Movie Theatre • Day Spa • Fitness Center  
Pet Park • Resident Gardens and Walking Paths*

*Close to shopping, restaurants and medical centers*

1101 Secret Ravine Pkwy • Roseville, CA 95661  
(adjacent to Sutter Medical Center)

916-347-5668

[oakmontofroseville.com](http://oakmontofroseville.com)

Assisted Living & Memory Care  
**Oakmont**  
of Roseville



**Tours Available Today!**

**Our Family Means Business**

**We Have Been Serving Lincoln Hills Since 1999**

**Integrity - Exceptional Service - Outstanding Results**

**Together We Serve You Better**

**kw** | KELLER WILLIAMS  
REALTY

[www.CarolanProperties.com](http://www.CarolanProperties.com)

CA BRE # 01272617

916.253.1833

**Serving All of Your  
Real Estate Needs**



Megan Carolan  
916.420.4576  
Realtor  
CA BRE # 01937273



Penny Carolan  
916.871.3860  
Broker Associate  
Top Selling Broker 2012, 2013 & 2015  
CA BRE # 01053722

Courtney Carolan Arnold  
916.258.2188  
Property Manager  
CA BRE # 01471287



*Carolan Properties*

[www.CarolanPropertiesRentals.com](http://www.CarolanPropertiesRentals.com)

CA BRE # 01468489

916.253.1833

**Full Service On-Site  
Property Management**

945 Orchard Creek Lane, Suite 300, Lincoln, CA 95648



Steve Anderson and Marvin Arnold

is fair for everyone. Marvin Arnold directs our games. We also have Steve Anderson who is in charge of supplies. Quietly and tirelessly, Steve makes sure all of our equipment is in the bridge room. After the games, Steve collects and organizes all of the equipment once again, ready for the next game. It turns out that 2 of the quietest people in the room make the biggest impact. Here are these two very special people that deserve our Thanks!

Games are played at Kilaga Springs (KS), Wednesdays/Saturdays at 12:30 PM. Friday at 5:00 PM. Partners or questions, please visit our website.

Contact: Lynne White 916-253-9882, [lynnewhite2000@yahoo.com](mailto:lynnewhite2000@yahoo.com); Website: [www.bridgewebs.com/lincolnhills](http://www.bridgewebs.com/lincolnhills)



**Bridge, Partners**

Contacts below for preregistration, or show up with a partner, Sierra Room (KS), 5:30 PM each Thursday. Play begins at 5:45 PM.

Winners: March 22–First:

Barbara Bryan/Reta Blanchard; second:Phil Sanderson/Jim Busey; third: Joanna/Alan Haselwood; fourth:Mark Green/Don Moore. John Woodbury/Byron Hansen had high round 1880. April 5– First: Pat/Frank Kamienski with high round 2290 and a grand slam; second: Joanna/Alan Haselwood with a grand slam ; third:Jyoti/Viren Sitwala with a grand slam; fourth: Wendy Wohl/Greg Parker. April 12– First: Barbara/Tom Moran; second: Byron Hansen/John Woodbury; third: Joanna/Alan Haselwood; fourth: Nancy Rice/Carol Mayeur. Reta Blanchard/Barbara Bryan had high round 1880. April 19– First: DiDi Martin/Rosie Kettela with high round 1450; second: Nancy Turrini/Lydia King; third: Carolyn/Bob Calmes; fourth: Pat/Frank Kamienski .

Contact: **First & Third Thursday: Kay & Ben Newton 916-408-1819**  
**Second & Fourth Thursday: Dolores Marchand 916-408-0147, Judy Olson 916-408-1435**



**Bridge, Social**

Join us on Fridays for Singles’ Rotation Bridge in the Sierra Room (KS). Arrive 12:30 PM. Reserve your space in May and June by contacting Pat Mullins at 408-202-1865. March 30 to April 20 Winners: First Place: Joe Phelan, Judy Olsen,

Jean Richards, & Phil Sanderson. Second Place: John Butler, Nancy Griffin, Flo Hunt, & Sarah Free. Third Place: Harry Collings, Pat Mullins (twice) & Linda Scott. Fourth Place: Ralph Madsen, Donna Moore, Janet Pittenger & Nancy Griffin. Congratulations to our Grand Slam Winners on April 13, Alan, and Joanna Haselwood. Free Classes are on Wednesdays in the Card Room (OC) 8:30 to 10:00 AM for new players and 10:00 AM to Noon for players that are refreshing their skills. Call our contact if you’re interested.

Contact: **Pat Mullins**  
 408-202-1865, [pam7nt@gmail.com](mailto:pam7nt@gmail.com)



**Bunco**

In April, the Bunco group welcomed a new player Lois Dye. The Cards Room (OC) was full of fun and laughter with dice flying all over! The traveling bear, always a popular item down to the bitter end with Sharon winning it back again. The group is planning their annual picnic in May.

Bunco play is the third Thursday of the month in the Cards Room (OC). Bunco is a non-membership group with a \$5 ‘pay to play’ fee. Play starts promptly at 9:00 AM. Please consider joining us for a morning of laughter, fun, and friendship!

April Winners: Most Buncos–Ann Music; Most Wins–Carolyn



**Counseling**

Specializing in:  
 Anxiety  
 Depression  
 Loss  
 Communication

**Nancy Nash-Lund, LMFT**  
 Licensed Marriage and Family Therapist  
**916-300-4230**

Lic. #36002

**Located in Lincoln**

**RED DOG SHREDZ**  
**FEED THE DOG! Guarding Your Identity**  
**PAPER SHREDDING • RESIDENTIAL & SMALL BUSINESS**  
 Paper Shredding • Mobile Truck Shredding • Monthly Pick Up  
 Hard Drive/Cell Phone Degauss & Destroy  
**FAIR OAKS LOCATION** 8505 Madison Ave. #160 • Fair Oaks, CA 95628  
 RedDog.FairOaks@gmail.com 916-966-9828  
**NEW ROCKLIN LOCATION** 6661 Stanford Ranch Rd., Ste. F • Rocklin, CA 95677  
 RedDog.Rocklin@gmail.com 916-990-9828  
**SI OFF BANKER'S BOX**  
 Lic. #13941  
**WWW.REDDOGSHREDZ.COM**

# Is it Time for an HVAC Tune Up or Repair?

**Sierra Valley Home Corporation is your premier choice for your every comfort need.**

- NATE Certified and a York Premier Dealer
- We offer FREE second opinions on repair or estimate quotes
- A+ Better Business Bureau rating
- Highly rated on Yelp!, Angie's List, Facebook and Home Advisor
- Call us about solar rebates



**FREE\***  
Introductory  
HVAC  
Maintenance

**FREE\***  
Service with an  
HVAC Repair

\*Limitations apply. Call for details. Subject to change without notice.



**SIERRA VALLEY**  
HOME CORPORATION



**916-635-3120**

[www.sierravalleyhomecorp.com](http://www.sierravalleyhomecorp.com)

HEATING • AIR CONDITIONING • SOLAR

License # 8266036 • CA General Contractor - C17, C20 and C46 • Bonded



*Caring for a loved one can be a stressful and lonely experience. Silver Pathways can provide you with support and compassion as you navigate the long term needs of your loved one.*

*Silver Pathways' services can:*

- Help you to cope with a diagnosis of dementia or Alzheimer's Disease
- Create an elder care/lifestyle plan
- Help you to locate appropriate living accommodations
- Provide you with professional support as a family
- Provide FREE monthly Caregiver Support Groups and Educational Workshops

Lic. #26570

(866) 689-5413 • [www.silverpathways.org](http://www.silverpathways.org)

**William J. Sweeney**  
Attorney at Law

Member California Bar  
Trusts & Estates Section

Past President, Placer  
County Bar Association



**Serving South Placer County since 1975**

**We Can Do Home Visits**

- Estate Planning
- Wills/Trusts
- Health Care Directives
- Powers of Attorney
- Probate/Trustee Assistance

**916/786-2011** | 915 Highland Pointe Dr., Ste 250  
Roseville, CA 95678 (Near Hwy 65 & Pleasant Grove)

[www.RosevilleLegalAdvice.com](http://www.RosevilleLegalAdvice.com)

Lic. #801944

Hughes, Most Losses—Lois Dye; Traveler—Sharon Chipman. Next Bunco is Thursday, May 17.

Contact: *Kathy Sasabuchi*  
916-209-3089, *ksasabu@icloud.com*



**Ceramic Arts**

All CAG members are encouraged to attend our semi-annual meeting on May 16 from 10:00 AM to noon in the Ballroom (OC). Voting on the location of the Fall Dinner and announcement of the newly appointed Board members are among the items on the agenda.

“Art in the Alcove” for May includes Clay, Earthenware, and Spanish Oils work by new and experienced artists. Many pieces are available for sale. Check it out in OC lobby.

Clay workshops at OC Saturdays 9:00 AM to 4:00 PM, Sundays 12:00 to 4:00 PM. Earthenware/Spanish Oils workshops at KS Sundays and Mondays 1:00 to 4:00 PM. Open studio to all residents Friday at OC from 12:00 to 4:00 PM; Sundays at KS 1:00 to 4:00 PM.

Contact: *Mary Clark* 916-502-1527  
Website: *sclhresidents.com*



**Chorus**

Our thanks to all who applauded our “Movie Music Memories” concerts on April 22-24. Your support is essential to everything we do, and your enjoyment of our performances rewards all



*Lincoln Hills Community Chorus*

the effort we devote to preparing for them.

Now we’re taking a break until rehearsals for our mostly Christmas concert on December 9-11 begin September 4. We’ll welcome new members then; choral experience is desirable but not essential. Visit and sing with us for three weeks to see how you like it with no obligation. You’ll get plenty of help from computerized music files for home practice and sectional and full rehearsals every Tuesday afternoon.

Sounds good? Check our website and contact our membership chair, Suzanne Rosevold, for more information.

[NOTE: No Chorus Club News in June and July.]

Contact: *Suzanne Rosevold*  
916-587-3035,  
*suzannechorus@gmail.com*;  
Website: *lincolnhillschorus.org*

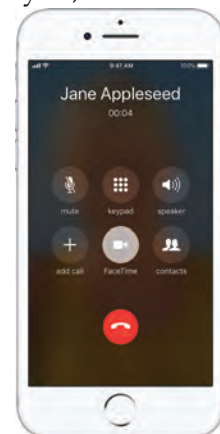
**Computers**

**Apple Users**



According to Wikipedia: “FaceTime is a proprietary

videotelephony product developed by Apple Inc.” Right, it’s an app, supplied on Apple products, which makes it easy to talk, smile and laugh with friends and family on their iPhone, iPad, iPod Touch or Mac. Think of it as a phone that uses your Wi-Fi or cellular data connection instead of traditional phone lines. You see and hear them, and they see and hear you, all in real time. And you can use FaceTime as long as you can connect to the Internet from anywhere in the world. For more detailed information, just Google: “how to make FaceTime calls.” FaceTime is the ideal way for Grandparents and their Grandchildren to keep in touch face-to-face.



Contact: *Vicki White*,  
*vickiawhite@me.com*  
Website: *lhaug.org*

**PC**



General Meeting June 13, 6:30 PM P-Hall (KS). Security Strategies – More Important Every Day.

In the past, we’ve reviewed

**Tax Preparation & Retirement Planning**  
Prepare for a Financially Secure Retirement



**CALL FOR A FREE ANALYSIS AND CONSULTATION**

**AL KOTTMAN**  
EA, CFP®. Economist  
Enrolled Agent, Certified Financial Planner  
**(916) 543-8151**  
Email: *alfredkottman@sbcglobal.net*  
Website: *www.ajkottman.com*  
Lincoln Hills Resident  
CFP#3576

EST. 1996  
Interior & Exterior

**SORIN'S PAINTING**  
LIC. #723597 INSURED & BONDED

**PROFESSIONAL PAINTING**

- Custom Painting
- Color Consulting
- Drywall Repair
- Floor Epoxy
- Pressure Washing
- Deck Sealing

Sorin Mocan  
- Owner -  
- Free Estimates -

- CELL **(916) 212 2663** - OFFICE **(916) 828-8439**

**"When You Want The Very Best"**



**Gail Cirata**  
**(916) 206-3503**  
**Gail@GailCirata.com**  
**Resident ~ Broker**

- Over 40 years Brokering your Real Estate needs
- Fifteen years living and selling in Sun City Lincoln Hills—Five years with Del Webb
- Experienced in Trusts, Estates, and Exchanges



[www.HomesinLincolnHills.com](http://www.HomesinLincolnHills.com)

Each office independently owned & operated. License #00481659

**Are you having difficulties hearing others around you?**

**Take Control of Your Hearing!**



**Why Choose Us?**

We are committed to serve and provide high quality, compassionate audiologic care. FREE service and follow-up care for the life of your hearing device(s).

- Diagnostic hearing test
- State-of-the-art hearing aids
- Free Hearing aid consults
- 100% Money Back Guarantee
- No hidden fees
- Bring this ad for a FREE GIFT



*Roselynn Gamboa Young, Au.D  
Doctor of Audiology*

*Dr. Young previously worked as an Audiologist at a large non-profit healthcare system in Northern California for over 15 years.*



1411 Secret Ravine Parkway, Ste 120  
Roseville, CA 95661

KH103-128399 (corner of Sutter Medical Plaza Dr & Secret Ravine Parkway)

**A NEW SEASON IS HERE. LET'S DESIGN HAPPINESS AND BEAUTY INTO YOUR YARDS . . . WE ARE GLAD TO HELP!**



**SERVING LINCOLN PROUDLY FOR 20 YEARS WITH CREATIVE PLANS AND INSTALLATIONS.**



**Geo Paradise Landscape**  
CA. LIC. #987476

**Dhetchai Allison**

Owner & Designer UC Davis (1991)

[geoparadiselandscape@gmail.com](mailto:geoparadiselandscape@gmail.com)  
[geoparadiselandscape.com](http://geoparadiselandscape.com)

P.O. Box 215420 Sac., CA 95821

FAX (916) 348-6829

CELL (916) 205-6303





security software and provided information on how to try to stay safe. But it's a moving target, and it's time to keep you up to date on the latest techniques the hackers are using to steal your data, your privacy, and your money. It's amazing how many people in Lincoln Hills who have had their data/email hacked or encrypted. Or have paid hundreds of dollars to unknown criminals around the world. Don't let it happen to you! Rita will review what's currently happening in the malware/security world and show you some of the tools and techniques she's using for keeping your data and your PC safe.  
**Contact: Terry Rooney**  
 916-666-1026, tarooney@gmail.com;  
 Website: www.sclhcc.org



**Country Couples**

Country Couples would like to thank the Directors for inviting us to participate in the Dance Dance Dance show, in March. Seven couples signed up, and a plethora of rehearsals began back in October 2017.



Springtime Social Dance

The directors, cast & crew were all very welcoming and supportive. The feedback from the audience was awesome, so we hope you were able to see the show. We have a busy year planned for you, and the socialization continues, so let's start by marking our calendars for the next few dances: May 18 "Ballroom and Country Couples," June 2, "Here Comes Summer," July 21 "Picnic Dance."

**Contacts: Marsha Brigleb**  
 916-434-5460; **Irene Hesson**  
 916-434-6804



**Cribbage**

We welcome you to come join the fun at Orchard Creek on Tuesday mornings with a friendly group of Cribbage Players. We meet at 8:00 AM and have our warm-up practice games until 9:00 AM. Then the mini-tournament begins and continues until 12:00 PM.

We play four-handed partner games using a rotation system. Every game you end up with a new partner as the losing players move on to the next table, and the winning players stay. Each player keeps track of his or her own score.

The weekly winners for March were Fred Hampel, week one, Grant Lee week two, Rae Cook, week three, Rae Cook, week four. New players are always welcome!  
**Contacts: Larry O'Donnell**  
 406-672-6493; **Ken VonDeylen**  
 916-599-6530



**Cyclists**

Just how important is eating and drinking on a ride? You must replenish energy burned while riding. Carbohydrates supply glycogen to your muscles. Your normal glycogen storage will do for short rides. On longer rides (30 plus miles), you need to keep your glycogen up. When depleted, you may feel dizzy or tired (bonking). If you plan to ride for more than 90 minutes, carry food. The most popular food is a banana. An energy bar that contains a 40/30/30 ratio of carbohydrates, fat, and protein is great. For fluid replacement, water works but sports drinks are better. As well as supplying lost liquid, they replenish glycogen. They are also easier for the body to process than solids. When cycling, eating and drinking is important.


**Contact: Steve Valeriotte**  
 916-408-5506, jillsteval@gmail.com;  
 Website:  
 www.lincolnhillscyclists.com



**Fishing**

We had a great speaker at our April meeting - Mike Peckham of River Adventures & Guides. He gave us great insight to such as fishing for Stripers in the Delta, the American, Yuba, Feather & Sacramento rivers. Many members take advantage of guide services and offers. The

**Ronald T. Curtis**  
**Plumbing** Since 1985



- Water Heater installation
- Hot water recirculation systems
- Toilet replacements
- Repairs
- Remodels

**Call 916-759-6680**

License # 483169 • Lincoln Resident • Insured

**Planning a trip to Maui or Tahoe?**



See Website Photos & Call 408-1188  
 SCLH resident Gil Van Valkenburg

- Maui www.homeaway.com/368171
- Maui www.homeaway.com/368174
- Tahoe www.homeaway.com/275698



Collins Lake Catch

guides know the secret place. Start your journey to becoming a better angler. Our members fish, local rivers, the Delta, a local pond or a favorite lake. Some even travel out of state. We also enjoy BBQ's an annual dinner and monthly meetings.

You can browse for great videos on fishing - you'll be amazed at the videos available; pick any fishing subject.

To join, contact Ralph or Henry. **Contacts: Ralph** [ralphthonseth@comcast.net](mailto:ralphthonseth@comcast.net), **Henry** 415-716-0666, [hsandigo@gmail.com](mailto:hsandigo@gmail.com)



### Garden

"THE BENEFIT OF TREES" will be the presentation for the May 24 General Meeting (2:00 PM, KS) by Anne Fenkner. Discover how trees are significant to our health and well being. This presentation will feature 40 years of research on perceptions and behaviors regarding nature in the built environment. You will leave with a new appreciation of the importance of



Anne Fenkner-The Benefit of Trees

trees – and tips on how you can use these benefits to your advantage. Anne is an International Society of Arboriculture Certified Arborist, Municipal Specialist. Anne is a U.C. Master Gardener, a graduate of the Municipal Forestry Institute and an Eco-Landscape Green Gardener Instructor.

Master Gardeners will be available 20 min. before the meeting along with Brown Bag Sales and door prizes!

**Contact: Lorraine Immel** 916-434-2918, [limmel@gmail.com](mailto:limmel@gmail.com); **Website: lhgardengroup.org**



### Genealogy

The next Genealogy Club presentation will be held on May 21, 6:30 to 8:30 PM in P-Hall (KS). Our presenter, Barbara Leak, will address Evaluating the Evidence: Are your facts proven?

Barbara E. Leak has more than 30 years of experience as a genealogy researcher and educator, having presented genealogy and local history programs.

Members should come a few minutes early to check in and receive your door prize tickets for four Internet Genealogy Subscriptions. After the meeting refreshments will be served across the hall and you will have a chance to network with others who share your interests.



Barbara Leak

Always check the LH Genealogy website for handouts and updates: [lincolnhillsgenealogy.com](http://lincolnhillsgenealogy.com).

**Contacts: Maureen Sausen** 916-543-8594, **Bob Ringo** 916-543-5310, [sclhgen@gmail.com](mailto:sclhgen@gmail.com); **Website: lincolnhillsgenealogy.com**



### Golf

#### Lincsters

The Lincsters held their annual Bring A Friend Tournament on April 25. It was an 8:30 AM shotgun and was played on the Hills Course. After golf, the players gathered in the Ballroom (OC) for a taco bar luncheon and awards. The club is looking forward to the Red, White and Blue Tournament which will be held on May 30. Players will be using the red, white and blue tee boxes for a different view of the golf course, and a more challenging round. Winning Flight A on April 4 was Sara Cannon. Flight B was taken by Jan Varin. Ingela Butters

## THE GILLIS GROUP – Results that move you!



Steve & Jo Ann Gillis

**Jo Ann Gillis • BRE# 01018109**  
[gil1788@aol.com](mailto:gil1788@aol.com)

**916-316-0815**

**Steve Gillis • BRE# 01968756**  
[stevegillis106@gmail.com](mailto:stevegillis106@gmail.com)

**916-303-6420**

**SCLH Resident Realtors**

Visit us at [www.teamgillis.realtor](http://www.teamgillis.realtor)

*Each office independently owned and operated.*



Lic. # 669316

## DURAN LANDSCAPING INSTALLATION & DESIGN

- Custom Design & Installation
- Waterfalls
- Will Help with Plan Approval
- Drip Systems
- Synthetic Lawns & Putting Greens
- Drainage corrections
- Drought-resistant plants
- Planting & Bark
- Concrete, Stone, Veneer walls

**QUALITY GUARANTEED**

**FREE ESTIMATES (916) 660-1835**

**Ask for Victor Duran** [www.duranlandscape.com](http://www.duranlandscape.com)

won Flight C, and Joan Sprague took Flight D.

Contact: Pat Shafer 916-408-7174,  
gdskd70@aol.com;  
Website: lincsters.com

**Mens, golf**

The Men's Club dues are reduced to \$88.00, which includes NCGA membership. Winners of the first quarter to lower their handicap are, Ciro Estremo and Jack Drinkard. NCGA qualifiers in the four-ball tournament were Tony Portman and Richard Velasquez. Tony and Richard will represent the men's club in the bay area. Second place was Tony Dapaola, Robert Williams. Just for Fun winners were, Rodger Oswald, Roger Smith, John Griggs, George Wuschnig, Gary Anderson, Herb Ingraham. Second place belonged to, Rich Henrickson, Jesse Reuter, Dan Kramer, Warren Mercer, John Garfein, Karl Williams. Next up is the match play Presidents Cup, starting May 22 with matches to be completed by July 31. June 19 will be our two-man best ball tournament. Contacts: Rodger Oswald 916-543-2032, Roger Cummings 858-736-6966, Doug Hinchey 916-209-3188, Doughinchey@gmail.net Website: www.lhmgc.org



**Healthy Eating**

The average American consumes 23 teaspoons of added sugars daily compared to the



The Good Sugars

recommended six teaspoons for women and nine for men, per the American Heart Association. Most sugar comes to us in sugar-sweetened beverages, in prepared foods, and desserts. The sugars in fruits are not generally a problem because these sugars are accompanied by fiber and other healthy nutrients, and our bodies process these sugars without elevating our blood sugar levels as nature intended. Research indicates over-consumption of sugar contributes to overweight, obesity, type-2 diabetes, cancer and other serious chronic diseases. We have a field trip to Bywater Hollow Lavender Farm in Lincoln's lovely countryside June 4. Call or email to the contact information below for details of future meetings and club events.

Contact: Don R. Rickgauer 916-253-3984,  
sclh13HealthyEating@gmail.com;  
Website: HealthyEatingClub.wildapricot.org



**Hiking & Walking**

The Deer Creek Tribute hike was special in a number of ways; the weather was gorgeous, the creek was flowing full and fast, and the hikers were all women – a unique experience to most of the hikers, as many have been with the club for over a decade. There are always surprises to enjoy whether you are on a hike or taking a walk on the trails of our community. Upcoming hikes include Avery's Pond with hopefully a beautiful display of wildflowers, Malakoff Diggins State Park Loop and a special Friday hike "Geology of the Foothills" with the Placer Land Trust. For the best hike experience, check the website for our Hike Guidelines. Remember certain weather conditions may cancel a walk or a hike.

Contacts: Hiking - Art McGrath 916-434-5540, lhikers@gmail.com, Walking - Debbie Schryver 916-666-1741, dshumhaven@earthlink.net; Website: www.lincolnhillshikers.org



All the girls having' some fun.



**Home Repair Services**  
Reliable, Quality Work  
Call for FREE Estimate  
**(916) 240-0071**

- Painting
- Plumbing
- Fans
- Light Fixtures
- Fence Repair
- Sprinklers
- & More

**Curt Bartley**  
Owner/Operator  
Bartley Properties  
Lic. 871437



**A PET'S WORLD**

**PET SITTING IN YOUR HOME**

Serving Placer County  
Licensed • Insured

Dale McCoy  
(916) 622-PETS (7387)

P.O. Box 1577 • Loomis, CA 95650  
www.a-pets-world.com



Lic. #53-0199187

### ATTENTION

Lawrence Livermore National Laboratory, Lawrence Berkeley National Laboratory, & Sandia National Laboratories Current and Former Employees

Have you or a family member been diagnosed with cancer or another illness that may have been caused by toxic exposure in the workplace?

If so, **you may be eligible for benefits** under the Energy Employees Occupational Illness Compensation Program Act (EEOICPA).

The EEOICPA provides monetary compensation and medical benefits to individuals who became ill as a result of working in the nuclear weapons industry. Survivors of qualified workers may also be entitled to benefits.

The EEOICPA is administered by the U.S. Department of Labor. For information contact the California Resource Center toll-free at (866) 606-6302, or visit our website at <http://www.dol.gov/owcp/energy/>.

## Design, Contracting, and Maintenance

Offering handyman and home improvement services  
And a design studio to satisfy all your decorating needs

### A-R Smit & Associates

Excellent References • License #919645

# (916) 997-4600

Lincoln based business  
Family owned & operated



# RETIREMENT IS NO TIME TO STOP PLANNING FOR RETIREMENT.

You've spent years saving and investing for the day when you can put work behind you and enjoy the things you love. But the only thing that should change on that day is your strategy.

At Edward Jones, we can create a strategy to help ensure the money you've saved will be there for you throughout your retirement. So you may look forward to a steady, stable income for years to come.

To find out why it makes sense to talk with Edward Jones about your retirement savings, call today.



### Melanie A. Bergevin

Financial Advisor

1500 Del Webb Blvd., Suite 104  
Lincoln, CA 95648  
(916) 408-4722

[www.edwardjones.com](http://www.edwardjones.com)  
Member SIPC

## Edward Jones®

MAKING SENSE OF INVESTING



Over 3500 Jobs Completed in Sun City Since 2002

- Exterior Painting
- Custom Interior Painting
- Expert Color Consulting
- Fence Painting
- Small Jobs Okay
- Call for your "Free" Quote Today

Licensed & Insured CLN #740008

# (916) 532-2406

[www.dynamicpaintinginc.net](http://www.dynamicpaintinginc.net)



Lic. #899302

Residential & Commercial

Hard Water Spots

Screens & Blinds • Mirrors & Gutters

Adam & Nicole Perry

Family Owned & Operated

Insured & Bonded

# (916) 765-5623

## Welcome Home Care

Help Is On The Way



We provide quality in-home care to residents of the Sacramento area. All services we provide range from \$20-25/hr.

HCO #31470007

916.778.7150

[welcomehomecareca.com](http://welcomehomecareca.com)



**Investors' Study**

The Investors' Study Group meets on Thursday, June 7 at 2:30 PM in P-Hall (KS). Our speaker is Rachel Wilson of Morgan Stanley whose area of expertise is cybersecurity. Given so many things happening at once it promises to be a special program. Russ Abbott will up-date his Playbook and give his views which are always stimulating. There is NO meeting in July. Join us for refreshments after the meeting. The subgroup of active investors meets on the second Monday of the month at 3:00 PM in the Multimedia Room (OC). For information regarding active investors contact Norm Quattrin at 916-645-4675.

Contact: John Noon 916-645-5600



**Lavender Friends**

The Lavender Friends Club rocked out in April — with a rock-painting party. After enjoying lunch together, participants began to channel their inner Monet.



Nancy Calcese's winning rocks

"The rock," they were told, "can be a great keepsake or gift."

Nancy Calcese won first-place for her work on two rocks — a ladybug and a multi-colored series of hearts. In second place, Elaine Kalani also painted two rocks — a frog and a ladybug. In third place, Bev Cieslinski and Mary Jo Semmelmayr teamed up on a plate of five rocks — two of them with dot patterns, a cat, a heart and a flower. The club represents the local LGBT community. For other activities, check out our website.

Contact: Joan Lactis 916-409-2426, joansac61@gmail.com;

Website: www.lavenderfriends.com



**Line Dance**

Several of our line dancers went to Corning for the 2018 Boogie Til The Cows Come Home, Corn-Tucky Derby workshop given by Michael Barr and Michele Burton. A fun annual workshop of dancing, fun, and entertainment. When we go to outside events, and at our socials here it's fun to wear our line dance shirts. If you are thinking about ordering a shirt go to suncitylincolnhills.shopgraphx.com to order on line or order by phone 916-787-0603. The company is Premier Graph-X in Roseville. They have a variety of colors and sizes. Mark your calendar for our next line dance social on Sunday, August 19, in the Ballroom (OC)

from 1:00 PM to 4:00 PM.

Contact: JoAnn Faria 916-434-6813 joannfaria@sbcglobal.net



**Low Vision Support**

Meeting, Fine Arts Room, (OC), Tuesday, June 5, 2:00 to 4:00 PM.

"Make the Most of What You Have." Director of Clinical Services at Society for the Blind, Toni Boom, OTR/L, will be discussing services offered by their low vision clinic and how vision rehabilitation can help people use their remaining vision more effectively. She will also discuss visual hallucinations (Charles Bonnet Syndrome) and review common adaptations and visual aids that can help people with vision loss improve their independence in everyday activities

iPhone Training for Low Vision

Special 2-hour Training Session for low vision on the iPhone will be offered in the near future. If you are interested in attending, sign up at our meeting or contact Dolores Minton at 209-365-3048 after that date.

Contact: Cathy McGriff 916-408-0169, cathy.mcgriff@yahoo.com



**Mah Jongg, Chinese**

Greetings! Please join us on Monday mornings in the Card Room (OC). Play starts at 9:00 AM, with arrival time being 10 minutes before. Play continues

**ANNE WIENS**  
REALTOR® | BROKER ASSOCIATE  
916.847.6006  
YourAgentAnne@yahoo.com  
CA BRE Broker License #01425896

**COLDWELL BANKER**  
**SUN RIDGE REAL ESTATE**

- Seniors Real Estate Specialist
- Coldwell Banker International President's Elite Award
- Outstanding LifeMasters Club Member
- e-PRO® Certified

www.ActiveAdultPlacer.com



**The Genuine. The Original.**

**OVERHEAD DOOR**

**Overhead Door Company of Sacramento, Inc.**

"The Largest Selection of Garage Doors in Northern California Since 1953"

Sales \* Installation \* Service

Residential \* Commercial \* Garage Doors \* Operators  
Free Estimates \* Installed & Serviced by Professionals

www.overheaddoorofsacramento.com

**916-421-3747**

6756 Franklin Blvd., Sacramento, CA 95823



until Noon.

Chinese Mah Jongg is a game of strategy and, sometimes, luck. We provide the tiles, score sheets and companionship. (No money is involved.) It is not difficult to learn especially when we teach you! You can master the basics in three hours. If you are curious about learning this game, please join us. If you already know how to play or it has been a long time since you played, we welcome your attendance. If you have any questions, please call Bruce or Marsha.

**Contacts: Bruce Castle 916-846-1500, Marsha Ross 916-253-9551**



**Mah Jongg, National**



All are welcome to join us, playing this intellectually stimulating and exciting game!



Mah Jongg is an ancient game from China, using tiles in place of cards. We meet Tuesdays in the Card Room (OC) 12:15 to 4:00 PM.

If you are interested in learning to play, please contact Fran Rivera, who offers free lessons in her home. Call Fran at 916-434-7061 so she can put your name on the list for the next twelve week session.

Mah Jongg is a difficult game to learn, but, once you do, you'll be hooked!

**Contact: Patti Kingston 916-587-3056, designalm@gmail.com**



**Mixed Media Arts**

Faye August will be our presenter on May 16, at 1:00 PM She will be talking about transparent verses, opaque paints, and how to select the best paint for various projects.

On June 20, Deidre Trudeau, a Fine Artist/Art instructor will be our guest artist. She works with artists in mixed media, acrylic, watercolor, drawing, and design. Deidre integrates her art, teaching and coaching skills into elevated art courses for a number of teaching modalities/levels for individual or group settings. Visit her website at: facebook.com/pg/BrushofCreativity/services/? And Pinterest@https://www.pinterest.com/creativetothecore/art-by-deidre-trudeau.

She will be discussing Color Theory.

**Contact: Frima Stewart, frimastewart@gmail.com**



**Motorcycle**

On April 14, Road Captain Dennis Berg led the RoadRunners north past the Sutter Buttes through Colusa, Elk Creek and on to a great lunch at Nancy's Airport Cafe in Willows. The month of May features two rides for the club. On May 12, Road Captain Bill Silva led the ride to historic Coloma. May 19 will be the club's annual Mothers Day Ride



Ready to ride to Willows

with Road Captain John Marin leading the way to lunch at Dingus McGee's in Auburn.

If you like motorcycle touring and have a roadworthy motorcycle or trike – check us out! The RoadRunners meet on the fourth Thursday of the month at 6:00 PM Multipurpose Room (OC).

**"Ride Safe - Ride With Friends" Contact: Manny Perez 916-253-9121, manwil412@wavecable.com**



**Music**

Join fellow musicians at the May 23 Music Group meeting held in the Fine Arts Room (OC) 6:30 to 8:30 PM. The meeting includes musical performances and group songs. This month's group songs are "Blueberry Hill," "If I Had a Hammer," and "Five Long Years." Download the songs from the website. (Password: music-group) Bring your instrument and share your music or come and enjoy a fun musical evening. The next afternoon Open Mic is on May 31 P-Hall (KS). Performances start at 3:30 PM. Sign-ups start at 3:00 PM. (No Karaoke please.) Ukulele

**Ace Appliance Repair**  
 Repair & Installation Services  
**(916)409-2424**  
 \*\*\* SUN CITY LINCOLN HILLS DISCOUNT \*\*\*  
 \$40 SERVICE CALL (REGULAR \$60)  
 \* Refrigerator \* Dishwasher \*  
 \* Microwave \* Washer \* Dryer \*  
 \* Garbage Disposal \* Oven \* Cooktop \*  
 A LOCAL, FAMILY OWNED COMPANY  
 FAST, FRIENDLY, RELIABLE SERVICE  
 Lic #A46835  
 2242 Thomson Way  
 Lincoln, CA 95648

**Bennett's**  
**HANDYMAN SERVICE**  
 NO JOB TOO SMALL  
 Licensed & Insured  
**(916) 276-9874**

Ohana meets Wednesdays, 1:00 to 3:00 PM (OC Lodge). Contact Ron Peck at 916-409-0463 for information. Check the website for latest group information.

Contact: Don Smith 916-838-4691,  
Donsmith6704@frontier.com;  
Website: LincolnHillsMusicGroup.org



**Needle Arts**

The Needle Arts general meetings are the second Tuesday of the month, P-Hall (KS) 1:00 PM. June 12, our Speaker is Dorie Javier. She will present, "Japanese Sashiko Embroidery."

Two Workshops are coming up on Wednesdays at 1:00 PM in the Sewing Room (OC). June 6, Marsha Watkins will be teaching a free knitting workshop, "Intarsia Knitting." August 1 Colleen Pelfrey will be leading a workshop entitled, "Taking Out The Dye." The cost for Colleen's Workshop will be about \$30.



Pat shared a surprise and invites us to the Spring Luau Luncheon in May

For more information on the Needle Arts Group, subgroups and workshops, visit [www.sclhna.com](http://www.sclhna.com)

Do you have sewing goods, knitting materials, or other items to donate? Or questions about the club? If so, you can contact our President Shirli.

Contact: Shirli Lent  
shirliknitter@gmail.com;  
Website: [www.sclhna.com](http://www.sclhna.com)



**Neighborhood Watch**

With warm weather upon us, it's important to remember that snakes and rodents often hide in bushes. Dogs love to sniff shrubbery, especially if they hear something stirring in there. Although the leash law allows 10 feet, it's wise to keep dogs on a tight rein to protect them from nosing into bushes and being bitten. Also, some residents put out



Dogs must be controlled on a maximum of the 10-foot leash.

poison bait that can wash off into gutters, so holding a tight leash will help prevent dogs from lapping puddled water.

It's important, too, to remember that as well as we know our dogs, they still surprise us. It's our responsibility to control the leash so that our dogs don't snap at other pets, approach human walkers or get in the way of bicyclists.

Contacts: Linda Minor 707-235-0778,  
Pauline Watson at 916-534-8436  
Website: [www.SCLHWatch.org](http://www.SCLHWatch.org)



**Painters**

Thanks to Program Chairwoman, Margot Comer, we've enjoyed exceptional demonstrations at our meetings. Silvia Trujillo displayed great color sense and luminosity in painting her lovely seascape. May 15 at 2:00 PM in the Fine Arts Room (OC) we will be the program as we present our "Heirloom" Challenge entries.

Our Open Painting nights



Sylvia Trujillo

**COLDWELL BANKER**  
SUN RIDGE REAL ESTATE

**Don Gerring**

*Commitment to Excellence*  
Experience • Patience • Quality Service

• Lincoln Hills Resident Agent  
• Del Webb Agent for 10 Years  
• 30+ Years R.E. Experience

**Let Don Help List & Sell Your Home!**  
Free Home & Market Evaluation

(916) 747-5050 • [dgerring1@gmail.com](mailto:dgerring1@gmail.com) • Lic#00631339

Each office independently owned & operated

**V & O Cleaning Service**

House Cleaning  
Over 15 years of experience!

General Clean  
Weekly-Bi-Weekly  
Monthly-Or One Time

Free Estimates

Oksana  
(916)412-4975

Lic.#631470  
Lic.#630674

continue the fourth Monday of the month from 5:30 to 8:00 PM Fine Arts Room (OC), providing a great opportunity to spend creative time with fellow artists and as the weather warms up, a comfortable place to paint.

For a different approach join the dedicated plein air group while flowers bloom and temperatures are inviting. If you don't complete your painting, you can always bring it to the Open Painting night!  
**Contact: Joan Musillani 916-712-4393, joanmusillani@gmail.com**



**Paper Arts**

Our May project will be with Debbie Chronister of 'Stampin' Up' who'll demonstrate the technique, "Black Ice."

On June 7, we'll conduct our annual Potluck and Sale for members only at the Sports Pavilion. (Please sign up with Becky at 916-209-8494 for the food you will be bringing.)

We'll continue to offer the drop-in 'Open Lab' sessions on the third Thursday of each month. If you haven't checked it out yet, stop by our Kilaga Springs meeting room on May 17 from 9:00 AM to 12:00 PM for a brief demonstration regarding techniques and tips, and to use crafting tools you may not have at home.

We meet on the first Thursday of



Displaying some lovely originals during "Create-a-Card" in April

each month at 9:00 AM in the Terra Cotta Room (KS).

**Contacts: Dottie Macken 916-543-6005, justdottie@sbcglobal.net; Margaret Hornsby 916-543-3804, lovestampin50@gmail.com**



**Pedro**

Pedro is a fun and slightly challenging bidding card game. If you have never played Pedro before, or it has been a long time since you played, we are happy to teach you the basics or refresh your memory. Pedro meets in the Card Room (OC) on the first and third Friday of the month from 9:00 AM to 12:00 PM. We hope to see you there.

**Contacts: Denise Jones 916-543-3317, djonesea@att.net; Doris DeRoss 916-253-7164, dorisdeross@gmail.com**



**Photography**

We are fortunate to live in such a nature-kissed region which means we don't have to

venture far to capture spring's bounties bursting to life. Our mini field trip to our Ferrari Pond finally happened in April after being rained out in March. Another fun, and very local, excursion to the "Great Rookery Tree." This tree, adjacent to the Safeway parking lot, is filled with nests of parenting Great Egrets and Great Blue Herons.

Exhibits are also offering opportunities for members. Simple Pleasures, in Lincoln, just changed themes and is currently displaying 'black and white' photography as well as 'doors and windows.' And be sure to plan a Mother's Day outing to Bounarroti's Ristorante to have a wonderful meal and admire our photographer's selections.

**Contact: Diane Margetts 916-955-1809, dmargett@yahoo.com; Website: www.lhphotoclub.com**



**Pickleball**

Pickleball players can be counted on to pitch in when members are injured or experience a loss.

Robin Haney 916-749-2549 and Michelle Carson work with beginners. Advanced players can call Richard Norman 916-209-3668.

Our next free Welcome Saturday introduction is at 11:00 AM June 23. Paddles provided. No reservations

**Notary on the Go!**  
 National Notary Association Certified Signing Agent  
 Available 9:00 am to 5:00 pm daily  
 Weekends by appointment  
 Mobile Notary "I come to you"  
 Se Habla Espanol  
 Lic. #GSD01149  
**Anna McClellan**  
 Notary Public  
 Lincoln, CA  
**Phone: (707) 480-4646**  
 Fax: (916) 409-5318  
 Email: anna\_mcclellan@yahoo.com

**PC & Mac Resources**  
**Terry Rooney**  
 Lincoln Hills Resident  
 Microsoft Business Partner  
 Lic. #85930  
 •Mac and Windows computer installations and upgrades  
 •Assistance with iPads & iPhones, Android tablets & phones  
 •Wireless (Wi-Fi) networking, plus file & printer sharing  
 •Computer tuneups, removal of spyware, viruses, malware  
**Phone: 916-543-9474**  
**Email: tarooney@gmail.com**  
 2425 Swainson Lane, Lincoln, CA 95648



required. Can't wait? Cal Meissen is on hand most Wednesdays at 1:00 PM to teach beginners.

**Contact: Michael Gardner**  
916-834-6549,  
pickleballmike1@gmail.com  
Website: www.lhpickleball.com



**Players**

In three weeks, the hilarious show, "Bermuda Avenue Triangle," will play in P-Hall (KS) at the bargain price of \$15. All seats are reserved in this intimate, up close and personal theater setting. Get ready for sidesplitting humor as two New Yorkers are transplanted — kicking and screaming — by their middle-aged daughters into a gaudy Las Vegas retirement condo on Bermuda Avenue. The talented cast (Julie Africa, Isobel Hersch, Merilee Imamoto, Joe Nichols, Ken Reiss, and Barbara Swerdlow), under the direction of Becky Nicholson, will keep you laughing from start to finish! See page 56 for ticket sales for the June



"Bermuda" cast loosens up over a glass of wine

7, 8, 9, and 10 performances.

Guests are welcome to attend our monthly meetings every second Monday at 4:00 in P-Hall (KS).

**Contact: Ron Hanson** 916-434-7112,  
racketron@yahoo.com;  
Website: www.lhplayers.org



**RV**

March RVer's made their way for a four-day outing to Pismo Beach. In spite of some rain, we still enjoyed walks on the beach, golf, games, and time exploring. There was friendship and good food including a dinner of clam



Clam Chowder dinner

chowder from Splash, a local restaurant. We ended attending the Great American Melodrama Theater and Vaudeville's production of "Sylvia," a funny tale about a street-smart dog who becomes a bone of contention between a husband, who found her in the park, and his wife.

We meet in the Placer Room (KS) at 4:30 PM the second Thursday of each month, where we discuss Upcoming rallies.

Residents interested in RVing are welcome to visit, met new friends and discuss the joy of RV travel.

**Contact: Dean Schumacher**  
916-223-5182,  
schumacherdean@sbcglobal.net;  
Website: www.lhrvg.com



**S.C.H.O.O.L.S.**

The end of the school year is near. The volunteers are helping teachers finish any last minute projects, and everyone is looking forward to summer vacation. This is the time for our leaders to survey volunteers to evaluate and discuss the accomplishments and rewarding experiences.

Spring is also the time for volunteers to express interest in the following school year. We always hope for new volunteers as there is a need and there are many teacher requests.

Take a look at our new website. You will find information about the program including each school's



Volunteer  
Corrine Ehlers  
in Ms. Dumler's  
3rd-grade class at  
Creekside Oaks



**Tim Hemmen**  
Reverse Mortgage Specialist | NMLS #1629852



**"Ease Retirement Finances with a Reverse Mortgage"**  
**Call (916)960-1323**

American Pacific Reverse Mortgage Group  
A Division of American Pacific Mortgage Corporation NMLS #1850  
3000 Lava Ridge Ct. #103 Roseville, CA 95661  
Licensed By the Department of Business Oversight Under the CRMLA

*Ride in Comfort* **Gordon Lilly**  
SUN CITY RESIDENT  
CALL • TEXT • EMAIL

530.318.2135  
prly@pacbell.net  
BY APPOINTMENT ONLY



Lic. VET00086

website, what teachers and volunteers have said about the program, and see photos of volunteers in the classroom.

**Contact:** *Crystal Elledge (Elementary) 916-543-8617, ceelledge@sbcglobal.net, Irma Mendez (High School), jmeidm@aol.com; Website: schoolssuncity.org*



**SCOOP**

Attention all animal lovers! The Sun City Organization of Pets is hosting some fabulous speakers for our regular bi-monthly meetings.

Tuesday, June 5. Our guest will be Joy Smith – founder of Fieldhaven Feline Center.

August 7 we'll feature Dr. Jill Aschehoug (Loomis Basin) covering preventive dentistry and euthanasia.

Be sure and mark your calendars for these meetings and feel free to bring guests. We meet every other month (OC and will soon let you know who our speakers will be for October 2 and December 4.)

Our April 2nd meeting had not one but two Canine Companions. Michele Murphy had her "student in training" October who did 100% of what Michele asked of her showing what dedicated training she's had!

**Contacts:** *Michele Murphy, zumbalove57@gmail.com; Ginger Nickerson, gingerlee22@gmail.com*



**Singles**

Warmer days are amongst us! We ended the month of April with our Annual Singles Auction. What's coming up? May 17 at 4:30 PM our Dining Out event will be at Cattlemen's in Roseville. On May 24 our Social "Minute to Win It" will be held at Kilaga Springs at 6:00 PM. On June 3 at 4:00 PM we are to the Sports Bar (OC) at 4:00 PM for our Birthday Celebration. On June 7 at 4:00 PM we have our Cocktail Time at OC-Happy Hour at the Pool. On June 9 we have our 2nd Saturday Breakfast at 9:00 AM. On June 14 at 6:00 PM in the Ballroom (OC) with our new President. For \$15 a year you can become a member.

**Contact:** *Kathy Shaddox 916-209-3307, kathyshaddox@gmail.com*



**Ski**

In April, over fifty members and guests celebrated the end of a fun ski season and shared their excitement for the next one. Bill and Lillie Smith once again hosted the annual Spring Post-Season Potluck party at their lovely home. New officers were elected, with Ken Spencer as our new President. Next year's ski getaway trip location was announced, and many were excited to hear it will be Whistler, British Columbia. Get your passports



*Post-Season Potluck Gang*

ready! Trip details will be provided soon. Our next event is likely to be the Fall Pre-Season Potluck party in September. Store your gear for now and enjoy the summer!

**Contacts:** *Bill Smith or Mike Hilton at 916-258-2150, lhskiclub@gmail.com*



**Softball**

The 19th season of senior softball is well underway, following fun-filled Opening Day celebrations, a successful Sun Eagle tournament and over a month of entertaining rec leagues games. Regular Monday and Wednesday games will now start at 8:00 AM so that each days slate of five games can be played in relatively comfortable temperatures.

Sunday practice sessions start at 9:00 AM and are a great way to acquaint yourself with our league if you're new to Lincoln Hills. Also, you can attend our next general membership meeting to be held on Tuesday, June 5 at 3:00 PM in the P-Hall (KS).

If you're interested in participating in our league, either as a player or volunteer, please visit



**KATHY SAATY**  
Hairstyling for Women

**SENIOR DISCOUNTS**  
Tuesday - Saturday  
Perms \$70 (includes trim)  
Color Touch-ups \$70 (includes trim)  
Highlights (call for a quote)  
Haircuts \$35

ENVY SALON  
6827 Lonetree Blvd. #101B  
Rocklin, CA 95765  
Lic. #8071

**Free Consultations 916-599-6014 • kmsaaty@gmail.com**

- Rocklin resident—20 yrs
- Stylist—50 yrs
- Colorist
- Perm Specialist
- Haircuts
- Shampoos & Sets

**HOME** Monday-Friday

**Handyman Services**  
Home Ownership Made Easy

**Glenn E. Johnson, Owner • SCLH Resident**  
**13 yrs. Professional Experience - Lic # GSD01192**  
*Special Pricing for SCLH Residents*  
**No job too small, Plumbing, Electrical, Drywall**

**916-587-4001** call.handyman@att.net

our website or contact me.  
**Contact: Tom W. Brown**  
 860-490-7799,  
 tomwalkerbrown@gmail.com;  
 Website: lhssl.net

**Coyote Softball**

The Coyote75s won the 18th annual Sun Eagle tournament April 14/15 at Del Webb field. The bats were hot, with an outstanding team batting average of .669. Mike Bunyard was 13 for 13 for .1000 average, followed by Barry Cunningham and Jim Zentner at .857 Ron Greeno and Pete Savoia led the team in RBI's, with 11&10 respectively. Every player contributed significantly to winning the championship.



Coyote75s

April 22/23 the team played in the Folsom tournament, going 2 & 2.

The Coyote 75's have a record of 8&5 so far this season, with all but one of their wins against younger, higher ranked teams.

**Contact: Henry Mutz**  
 530-520-2170, henrymutz@gmail.com



**Sports Car**

Sports Car Club members headed to Pacific Grove last month. They traveled the scenic

route across the Golden Gate Bridge, and down Highway 1 and stayed at the fabulous Seven Gables Inn. The weather was bright and clear, particularly for their visit to the Point Lobos State Reserve, a very beautiful place to hike and view nature. Dinners were at Max's Grill and Fandango in Pacific Grove. Everyone had a great time. If you own a sports car and want to join us, contact Tom.  
**Contact: Tom Breckon 916-434-6989,**  
 Tom.Breckon@sbcglobal.net;  
**Website: lhsporcars.com**



**Sun City Squares**

Please come and join us for some great fun and beautiful dancing! We are open to all singles and couples, and if you have lost a partner or haven't danced in a long time, we are happy to help you learn again! It really is great fun!

Sun City Squares meets at Kilaga Springs

\*Monday from 1:15 to 3:15 PM for Plus level dancing

\*Monday from 3:15 to 3:45 PM for Advanced level dancing

\*Thursday from 1:00 to 3:00 PM for Advanced level dancing

**Contact: Sandy Cleaver 916-409-0409,**  
 slctravel@yahoo.com



**Swimmers & Water Walkers**

The Advisory Committee met and discussed the items from the March meeting.

Club volunteers will be used to

conduct swimming lessons as it is too costly to hire an instructor. Times are being determined, with one possibility being during volleyball time.

Deborah McIlvain, Director of Lifestyle, Wellfit & Spa, provided input on several concerns. The results will be presented at the next meeting. Some of the Water Walkers would like to find others to walk with. We encourage all Water Walkers to attend our next meeting so that we can make this happen!

Next meeting: Monday, June 18 3:00 PM Fine Arts (OC).

**Contacts: Suzan Hunt 916-408-4286,**  
 Jean Ware 916-543-6791;  
 lhgroupurlswimmers@yahoo.com



**Table Tennis**

Why play table tennis? Fun is the most important reason for me. Yet there are many other reasons including the following:

- Playing improves hand-eye coordination, and it stimulates mental alertness, concentration, and tactical strategy
- Develops mental acuity
- Improves reflexes
- It's easy on the joints
- Burns calories
- Offers a social outlet
- Keeps your brain sharp
- Improves coordination

Please feel free to join us Sundays from 12:30 to 5:00 PM, Tuesday evenings from 6:00 to 9:00 PM and Friday morning from 8:00 to 11:00 AM. We play in the Multipurpose

**APEX AIRPORT TRANSPORTATION**  
 Sacramento International Airport  
 Non-stop Service  
 Since 2006  
 Jim Plotkin  
 Derek Darienzo **(916) 344-3690**  
 Email: ATCOVAN@SBCGLOBAL.NET  
 WWW.APEXTRANSPORTATION.VPWEB.COM  
 CA PUC License TCP25881P

**Your Old Photos Restored!**  
 I live in Lincoln Hills and will gladly do free estimates in your home.  
  
  
**Patrick J Osborne**  
 Visionary Design  
**916-408-4152**  
 email chilemon@starstream.net

Room (KS). No dues.

Our regular players are friendly, and Tim Frank offers free lessons for both new and experienced players.

Contact: Warren Akey 916-408-1658, akeywarren@att.net



### Tap Company

Spring is in the air! Tap Company Members – Mark your calendars for June 20! Spring Luncheon at the Timbers! Can't drive? There will be carpools so everyone can enjoy the event. We look forward to seeing all Tap



Tap dancers enjoy other kinds of dancing too!

Company Members and will vote on new officers for the coming year. Meanwhile, back at Kilaga, we are learning new dance steps, techniques, and choreography. Alyson has all kinds of ideas with fun new ways to teach us the routines. Check the COMPASS and join a class!

Contacts: Natalie Grossner: 916-209-3804, natalie\_g@msn.com; Freddie Dempster 916-253-9734, freedeedee@gmail.com



### Tennis

The Men's doubles tournament was held April 9, and the Women's doubles tournament was held April 11. Tournament Director Dave Mateer, assisted by Miguel Cuevas, ran a very efficient set of tournaments. Social Director Carol Cooper and her crew kept all content with early snacks and a nice light lunch. Starting April 10, the Lincoln Intramural Team Tennis event began. Thirty-six players making up four teams of 9 players each will play a round-robin format over the next six weeks. A playoff will follow to determine the winner.

Free resident ball machine practice will continue Saturdays on Court 9 from 8:00 until 10:00 AM through September. Resident Drop-in tennis every Saturday and Wednesday from 8:00 until 10:00 AM on Courts 1, 2 and 8.

Contact: Bob White 916-543-1350, bobwhiteca@gmail.com; Website: www.sclhtg.com



### Vaudeville

Just a brief reminder that tickets are now on sale for our Vaudeville Variety Show. We only have three shows this year. Friday, July 6 an evening performance at 6:00 PM and two shows on Saturday, July 7 an afternoon matinee at 2:00 PM and an evening performance again at 6:00 PM. Please join us for a fun filled

variety show. Tickets are only \$12 per person. You can contact our Director, Yvonne.

Contact: Yvonne Krause-Schenck 916-408-2040, ykrause@yahoo.com



### Veterans

Low Jennings, a retired Army officer, former airline pilot, and award-winning author, will be the featured speaker at the May 17 meeting at 1:00 PM in the P-Hall (KS).

Plan now to attend this year's Flag Day Barbecue on June 14, beginning at 5:00 PM in the Sports Pavilion. The menu includes BBQ chicken, ball tip roast beef, potatoes, green salad, ranch beans, hot ciabatta bread, and cookies.

A no-host bar will open at 5:00 PM, with dinner at 6:00 PM. Cost is \$20 per person. There will be a drawing for prizes after the dinner. Sign-up forms will be available at the May 17 general membership meeting and in next month's Veterans Group Bulletin.

Contact: Wayne Gallant 916-543-4856, wayne.gallant@sbcglobal.net



### Water Volleyball

April had so many great events keeping us hopping. The WJU men's and lady's volleyball teams each visited on two separate Wednesday evenings. Games were swift, powerful, and

**Michelle Cowles**  
REALTOR® ~ BRE #01821892  
"Don't make a move without me!"  
**(916) 295-8532**

**COLDWELL BANKER**  
SUN RIDGE REAL ESTATE

1500 Del Webb Blvd.  
Suite 101  
Lincoln, CA 95648



www.TheRealtyExperts.com  
Michelle@TheRealtyExperts.com

Each office Independently Owned and Operated

**WAYNE'S FIX-ALL SERVICE**

- Ceiling Fans
- Recessed Lighting
- Tile Work
- Electrical Outlets
- Remodeling
- Interior / Exterior Painting
- Circulating Water Pumps
- Phone / Cable Jacks
- Shelving
- Drywall & Texture
- Carpentry

(916) 773-5352

General Contractor  
Lic. # 749040  
Insured and Bonded

Old fashioned handyman specializing in your needs

Established 1996



April 17 Ladies Only Night

exciting. We enjoy our friendship with WJU Warriors. For the first time, we had a "Ladies only" night. It was so successful, everyone there was saying "Let's do this again!"

Training night featured ball tracking, body movement and alignment in the water along with the three-hit technique.

The three scheduled summer outdoor games begin Sunday, June 10 at OC lap pool 5:30 to 7:30 PM. Bring sunblock, sunglasses, and cap. Stay on top of emails and the website. Those interested in joining

our club can contact our new player liaison, Rhonda. See you in the water!

Contact: Rhonda George 907-242-3161, [sclhwatervolleyball@gmail.com](mailto:sclhwatervolleyball@gmail.com)  
Website: [www.lhwatervolleyball.com](http://www.lhwatervolleyball.com)



### Woodcarvers

Why carve wood?

One big reason is that it is much easier than carving marble. Seriously, creating a wood carving brings a certain satisfaction. There is a challenge to create a piece that comes close to what is imagined. Also, to bring joy to ourselves and others to whom we gift our carvings. By helping others with wood carving, we are rewarded in turn.

Wood carving is a pleasant hobby, and Woodcarvers club is here for you with helpful members and a large library of carving books, magazines, and DVDs for plans and ideas. We have carving

tools that you can use.

Woodcarvers Club meets every Wednesday from 1:00 to 4:00 PM in the Sierra Room at (KS).

Contact: Dick Skelton 916-626-0895



### Writers

Ceramics Room! Orchard Creek! 2nd and 4th Mondays in May! We want to hear what you wrote! Bring a dozen copies to share so we can see your writing! Let us know what kind of comments you'd like to hear from us! Anyone who has not met with us before is welcome! Those who haven't been able to attend for awhile, we hope to see you soon! There may even be some comments about all the exclamation points in this article!

Contacts: Jim Fulcomer, 916-543-9201, [jfulcomer@mac.com](mailto:jfulcomer@mac.com); Andy Dexter, 707-224-7508, [mcpodexter@gmail.com](mailto:mcpodexter@gmail.com); Freddie Dempster, 916-253-9734, [fredeedee@gmail.com](mailto:fredeedee@gmail.com)

## Celebrating Life's Journey



Local Family Owned

Your Family is Our Family



Please call **916-409-4150** to be our guest for Lunch and Tour



567 3rd Street, Lincoln | [SummersetSeniorLiving.com](http://SummersetSeniorLiving.com)

RCFE #312700042

New Senior Living Community in Lincoln

## Trusted, Comfortable & Affordable Dental Care

Little or No Out-of-Pocket Costs for Insured Patients!  
Professionally Trained, Caring & Courteous Staff • Emergencies Welcome  
The Latest Instruments & Techniques • Drill-Less Dentistry  
NightLase™ • Dental Implants: Eat, Chew & Smile Naturally Again!  
Heat-Sterilized Handpieces & Instruments • Sealants & Fluoride to Prevent Decay  
Conscious Sedation Available • Complete Orthodontic Care With Our Specialists



[APlusDentalCareGroup.com](http://APlusDentalCareGroup.com)



Tim Herman, DDS  
Flaviane Petersen, DDS  
Abhishek Raythatha, DDS  
Orthodontist  
Thais Booms, DDS, MS  
Periodontist  
Sarmad Paydar, DDS, MS  
Oral Surgeon  
Tania Nelson-Chrysal, DDS, MD

Lic. #5988

945 Orchard Creek Ln., Ste. 200, Sun City • Lincoln • 916-408-5557

Appointments From 7am-7pm & on Saturdays!

Bringing Nature  
to Your  
Backyard



- Construction
- Pond cleaning and service
- Retail showroom
  - Fish
  - Plants
  - Water treatments and more...

1835 Prairie City Road  
Folsom, CA 95630  
(916) 985-7663

1052 Melody Lane  
Roseville, CA 95630  
(916) 786-2696

[www.completeponds.com](http://www.completeponds.com)

## WHAT CAN I DO FOR YOU?

Selling Lincoln Hills Homes since 1999

### When you list your home with me, I provide:

- Strategy for getting the highest price for your home, including photography and staging
- Excellent exposure for your home on top national real estate websites as well as my dedicated Sun City Community website
- Referrals to trusted tradesmen and oversight to make your move easy
- 30 years of real estate experience



Call me for a free  
home evaluation today:

**SHELLEY WEISMAN**

**916.595.0130**

[www.BuyLincolnHills.com](http://www.BuyLincolnHills.com)



BRE# 00892873



## Protect the home you love.

### If you need home coverage, I can help.

I live and work right here in our community. I know what the homes are like in the area. So I can offer advice you can trust to help you get the protection that fits your needs.

If you're ready to talk home insurance or need some advice about protecting all that's important to you, call me today.



**Julie Domenick Agency**  
**916-434-5250**

741 Sterling Parkway, Suite 500  
Lincoln, CA  
[juliedomenick@allstate.com](mailto:juliedomenick@allstate.com)

CA Insurance Agent #: 0712097



© 2015 Allstate Insurance Co.

240882



3 rooms & Hall for

**\$75 + FREE**

Whole House Deodorizer

**TILE & GROUT CLEANING**

**UPHOLSTERY CLEANING**

Free estimates

Weekend Appointments Available

Powerful Truck Mounted

**916-580-5182**

Family Owned & Operated

Licensed & Insured



## Bulletin Board

### A Course in Miracles

We are a study group that meets on the first and third Mondays to study and develop spiritual tools to deal with issues such as worry, fear, anxiety, and relationship issues, by opening to the Spirit within. Contact Alexandra Smith at 916-409-5253 for more information.

### Caregiver Group

We meet the third Thursday of each month, May 17 this month. We meet from 9:00 to 11:00 AM at the Twelve Bridges Lincoln Library. This is open to all who are caregivers of family, friends, or other loved ones. You must come in the back door employee's entrance. If you would like more information, please contact Brenda Cathey at 916-253-7537.

### Cloggers

Happy May and a warm spring greeting from the Cloggers! When you clog, you are doing a foot-stomping Irish-Appalachian dance with a unique "chicka-boom" sound from the double taps on the heels and toes of your shoes. We hope you were able to attend the lively, fun-filled "Barnyard Boogie" workshop two weeks ago in Sacramento. Our next big workshop will be held in Belmont, CA, in July (more about that later). For information on clogging here in Lincoln Hills, please contact Natalie Grossner at 916-209-3804.

### Club LaVita

A social wine tasting group in Lincoln Hills. We are looking for new members to join our group. We are comprised of approximately 64 members who are split up into four groups of 16 people in each group. We meet on the third

www.sclhresidents.com

### You Are Invited to Attend:

*Seminars are open to residents and people from outside the community. Products or services presented are not sponsored or supported by SCLHCA.*

- **Tuesday, May 15, 10:00 AM**—Preparing is Caring Seminar, Heights (OC)
- **Thursday, May 17, 10:00 AM**—Cannabis 101 for Seniors Seminar, Oaks and Gables (OC)
- **Monday, May 21, 11:00 AM**—Law Office of Robert Ash Seminar, Heights (OC)
- **Tuesday, June 5, 2:00 PM**—C.R. Abrams Revocable Trust Seminar, Solarium (OC)
- **Thursday, June 7, 10:00 AM**—Nautilus Society Seminar, Gables (OC)

Thursday of every month in one of our members' home, except in January and June. If you are interested in learning about and experiencing different wines and meeting great friends, our Wine Club is the place. For additional information, please contact Tony Dipaola, a.dipaola@sbcglobal.net.

### Civil War Roundtable

Interested in Civil War history? Join the Sacramento Civil War Roundtable!

Lectures, Raffles, Discussions. For more information call 916-408-4092 or the website at sacramento-cwrt.com.

### Democratic Club

On Thursday, May 17, we have League of Women Voters representatives to address ballot initiatives on the June ballot, and a speaker to explain Measure E, the bond initiative for Sierra College. We start at 6:15 PM with a social time to meet and mix with members. The business meeting begins at 6:45 PM followed by the program. Contact Fred Barnhart lincolndems@gmail.com. Club website <http://www.democratic-clublincolnca.org/>. Plan ahead, June 21 event: Lincoln Potters

baseball game with VIP seating, all you can eat burgers, hot dogs, potato salad, soda and water. Cost is \$25 per person; reservations required. Purchase tickets at <https://secure.actblue.com/donate/pottersbaseball#>.

### Gam-Anon

If your life is affected by a gambling problem, Gam-Anon can help. Gam-Anon meets weekly on Friday evenings from 7:00 to 8:30 PM at the First United Methodist Church, 6414 Brace Rd., Loomis. Follow the signs to the proper meeting room. Call Kay F. at 916-543-3079 for more information.

### Glaucoma Support Group

We will be meeting on June 13 in the Multimedia Room (OC). Our meetings begin at 4:00 PM. With the change of seasons, we will discuss dealing with dry eye and sunshine. If you are living with Glaucoma, please join us to learn about making your everyday life easier. For more information, please contact Bonnie Dale at 916-543-2133 or Bjdale@aol.com.

### Italian Club

Food, fun and friendly competition are rolled into one event

**BRENT GOULD FLOORING**  
*IN BUSINESS FOR OVER 45 YEARS*  
 Lic. #939340

MOBILE SERVICE  
 SALES & INSTALLATION

**530-613-3901**

CARPET • LAMINATE • HARDWOOD • VINYL

*PROUD MILITARY FAMILY • 5 STAR RATING ON HOMEADVISOR*

**GARY'S SPRINKLER REPAIR SERVICE**



Residential Experts  
 25 Years Experience  
 Troubleshooting & Repairs

- Timers Changed
- Wiring Issues
- Bad Valves
- Drip Systems
- Broken Pipes

All Work Guaranteed  
 Lic. # 869624

**(916) 223-3706**

**BEST PROPERTY MANAGEMENT**



**Gold Properties**

- Full Service Property Management
- 50 Years of Combined Property Management Experience
- Locally Owned & Operated
- Serving Lincoln, Rocklin & Roseville and surrounding neighborhoods



[www.goldpropertiesoflincoln.com](http://www.goldpropertiesoflincoln.com)  
**916-408-4444**  
[GoldPropertiesofLincolnPM@gmail.com](mailto:GoldPropertiesofLincolnPM@gmail.com)  
 BRE #01366131

**Shari McGrail**  
 Realtor®

*Results...with INTEGRITY and FOLLOW-THROUGH*



**HOME SMART**  
 ICARE REALTY

**916-396-9216**  
 Resident Since 2004  
 Top Producing Realtor Since 2005  
 CalBRE#01436301



[www.SunCityShari.com](http://www.SunCityShari.com)

**EAGLE PLUMBING**  
*and roofer*



**24 Hour Emergency Service**  
**For Your Total Plumbing Needs**

Tim Martin  
 Owner




Lic. #870411  
 (916) 645-2500  
 (916) 645-2540 Fax

**1A ADVANCED GARAGE DOORS**

Garage Doors, Garage Door Repair,  
 Service, Opener Installation,  
 Springs Replacement

**(916) 838-8182**



**1agaragedoors.net**  
 CSLB #925606

**\$15 off Senior Discount**






when Bocce Ball and BBQ returns on May 19 from 10:00 AM to 3:00 PM at the Lincoln Hills Sports Pavilion. Save the date. Members are reminded of the annual Membership Appreciation at the Sports Pavilion scheduled for June 15. This is a way for the club to thank its members for their involvement and support throughout the year. More details to come. If you are a Lincoln Hills resident of Italian heritage, consider joining our club. Check the Web at [www.lhitalianclub.org](http://www.lhitalianclub.org) for information. Contact Sandi Graham, membership at 916-826-5711.

#### Attention all JUDYS...

Lincoln Hills has many ladies named Judy, Judith, Judie. We get together once a month for lunch, and you are invited to join us! For more information, please contact [cruisingjudy@gmail.com](mailto:cruisingjudy@gmail.com).

#### Library Book Sale

Travel down Twelve Bridges Drive to 485, the location of Lincoln Public Library, for the summer book sale Saturday, June 9 from 11:00 AM to 3:00 PM.

Summer reading treasures available...quarters buy novels...dollars buy collectibles.

CD's and DVD's also available. Funds made by the sale sponsor, Friends of the Lincoln Library, help finance programs for all ages that are offered to our community free of charge. Information call Jo Jones at 916-408-3955.

#### Lincoln Police Department - Volunteer Program

The Lincoln Police Department is recruiting for its LPD Volunteer Program. The program is open to Lincoln Residents who are 21 years old or older. This ongoing recruiting effort is for those individuals who would like to volunteer either as Front Office Staff

[www.sclhresidents.com](http://www.sclhresidents.com)

(informational, meet and greet) or Patrol (vehicle patrol, "eyes and ears" in the Community). Qualified individuals will receive training on all aspects of Police Volunteer work. For more information contact Roy Osborne at 916-645-4081.

#### Multiple Sclerosis Meeting

Our Final Meeting prior to Summer Break will be a luncheon in the Solarium on Monday, June 4 at 1:00 PM. The Menu will be forwarded to Members upon receipt, along with cost. Please note this is not our regular Tuesday meeting. For questions, please contact Laura Ludwig at 408-249-1223.

#### Parkinson's Group

Next meeting May 15. Beverly Chang, a Geriatric Psychiatrist, will be our speaker. Beverly Chang was born in Hayward, CA an only child. She developed an early fondness for working with older adults. She attended medical school at UC Irvine where she helped develop the Senior Buddy Program and assisted in research on elder abuse. She went on to become chief resident at UCSF Fresno's Department of Psychiatry before completing a fellowship at UC San Diego. We meet at Granite Springs Church, 1170 E. Joiner Parkway at 10:00 AM. For more information, please contact Brenda Cathey at 916-253-7537.

#### Racquetball Group

We play on Mondays and Thursdays at the California Family Fitness Center in Roseville (916-781-2323). Membership to the fitness center is required. We begin play at 8:00 AM and end between 9:30-10:00 AM. Depending on the number of players, we play doubles, cutthroat and/or singles. Ladies are welcome. See you on the

court! Contact: Armando Mayorga at 916-408-4711 or [amoon38@sbc-global.net](mailto:amoon38@sbc-global.net).

#### Republican Club

Tuesday, May 22, 6:30 PM P-Hall (KS). Malcolm McGough with the Election Integrity Project - Speaking on Voter Fraud. He has been heavily involved in Politics since arriving from Australia 9 years ago. Campaign Manager for the CT Attorney General race, CT Governor's race, and US Senate Exploratory Committee. More recently CEO/Politician Outreach and Funding of the Election Integrity Project Calif. Inc. As an Executive of the EIPC he incorporates the importance of cleaning up election fraud in CA as a fundamental requirement of America to fulfill her leadership role in the world.

#### Shalom Social Group

Our very successful Passover Seder could not have happened without our members' help. Sincere thanks to Carol Frilich, Lynne Snyder, Margie Gulko, Sandy Klein, Mariyn Cachopo, Natalie Flynn, Debbie Skolnick, Tamara Theodore, Carol Cafton and Master of Ceremonies Alan Gulko. A special thank-you to Braha Narkis, Chairperson Lorraine Katz and Hagai Narkis, a professional chef who oversaw the preparation of our traditional Jewish dishes. Upcoming events include a River Cats game on June 6, bowling on June 19, and a bocce ball match. Everyone is welcome at our events. For information please call Vida Morrison at 916-984-1043.

#### Shooting Group

With good weather, we meet on Tuesdays for Trap and on Thursdays for Skeet at Coon Creek Trap and Skeet at 5393 Waltz

Road, just minutes from Lincoln. Occasionally other shotgun sports are enjoyed. We have no fees, but each shooter must pay for their own clay targets. For more information about shotgun shooting sports contact John Kightlinger at 916-408-3928 or johnnpat@sbcglobal.net. The rifle and pistol activities occur on Tuesdays at the Lincoln Rifle Club at 150 Lincoln Boulevard. For information about rifle or pistol shooting please contact Jim Trifilo at 916-434-6341 or trifilom@gmail.com. Come out and have fun!

**Sons In Retirement Branch 13**

Will hold its monthly luncheon on Tuesday, May 15 at Catta

Verdera Country Club, 1111 Catta Verdera Drive in Lincoln. This is a great way for men new to our area to meet other men. A three-course gourmet lunch \$20pp. Arrive at 11:30 AM; luncheon adjourns at 1:30 PM. Sons In Retirement is a fun social group dedicated to promoting the camaraderie of retired men. If you are interested in joining SIR or attending the luncheon as a guest, please contact Chet Winton at 916-408-8708.

**Vendors Wanted!  
Lincoln Hills Holiday  
Shopping Expo  
Tuesday, October 16**

Calling all crafters, artisans, boutique owners and specialty

vendors of fun and unique items! Be part of our first Holiday Shopping Expo on October 16 from 10:00

AM to 6:30 PM at Orchard Creek Lodge. This fun event will offer a one-stop Holiday shopping extravaganza for our residents, guests, and the public. The Expo will be promoted throughout neighboring cities and in all forms of social media. Reserve your space early! Vendor application and guidelines are now available from the Lifestyle Department or by contacting Shelvie at shelvie.smith@sclhca.com or 916-625-4021. Space is limited. Registration deadline is August 1, 2018.

# Reverse Mortgage Questions?

Call or stop by to talk with your friendly "hometown" reverse mortgage team!

**HANK RHOADS**  
NMLS ID #459674

**THAD STANLEY**  
NMLS ID #1284368

**LEAH GREEN**  
Distributed Retail Relationship Manager

**916.409.7424**

**BRANCH LOCATION**  
1510 Del Webb Blvd., #B102  
Lincoln, CA 95648  
NMLS #1262927



Office in the heart  
of SCLH



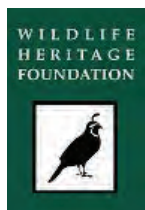
1510 Del Webb Blvd.

Sun City Blvd.



This material has not been reviewed, approved or issued by HUD, FHA or any government agency. The company is not affiliated with or acting on behalf of or at the direction of HUD/FHA or any other government agency. Licensed by the Department of Business Oversight under the California Residential Mortgage Lending Act, License No. 4131266. Loans made or arranged pursuant to a California Finance Lenders Law license, License No. 603K578 © 2016 Reverse Mortgage Funding LLC, 1455 Broad St., 2nd Floor, Bloomfield, NJ 07003, 1-888-494-0882. Company NMLS ID # 1019941. www.nmlsconsumeraccess.org. Not all products and options are available in all states. Terms subject to change without notice. Certain conditions and fees apply. This is not a loan commitment. All loans subject to approval. L434-Exp052017

## Community Perks



### Oak Woodland Walk Thursday, May 17, 10:00 AM Canyon Oaks/Elderberry Trails

—Free

Take a nature walk with Wildlife Heritage Foundation's Wildlife Biologist Gaylene Tupen to explore a lovely oak woodland in our Northeast Preserve. Learn about different types of oaks, plant and animal communities in the preserve, and wildlife corridors. Gaylene will explain why oak woodlands are important and how our annual sheep grazing helps maintain the health of our wildlife habitats. Meet at Canyon Oaks trailhead on Hidden Hills Lane. Unpaved trail with gentle grades, approximately 1 mile. Call Trails Enhancement Team Leader Cherie McGrath at 916-408-3411 for more information.



### Art & Craft Tour Saturday and Sunday, May 19 and 20, 10:00 AM to 4:00 PM

Artists' Studio—Free

Artists in Lincoln Hills will exhibit and sell their work to the public from their homes for two days. Wonderful handmade crafts and fine art in various media – fine art painting, ceramics, jewelry, photography, glass, fiber art, turned wood, watercolors and more will be for sale. FREE Tour Maps may be picked up during May from both Lodges. Maps will also be available from all artist studios during actual tour hours. This tour is presented by the Lincoln Hills Painters' Club.



### KS Classic Movies on Saturday: Heaven Can Wait (1978) Saturday, May 19, 1:30 PM Screening P-Hall (KS)—Free

Rated R, 101 min, Comedy/Fantasy/Romance. Starring Warren Beatty, Julie Christie, Buck Henry, and James

Mason. A Los Angeles Rams quarterback, accidentally taken away from his body by an over-anxious angel before he was meant to die, returns to life in the body of a recently murdered millionaire.



### Listening Post Tuesday, May 22, 11:00 AM Front Ballroom (OC)—Free

The Listening Post is an informal meeting which gives you the opportunity to ask questions and get answers about your community and Association. Come join the conversation.



### Farmers Market Opening Day Wednesday, May 23, 8:00 AM to 12:00 PM Fitness Parking Lot (OC)—Free

Join the community as we kick off our weekly Farmers Market on May 23 featuring local Certified Farmers and vendors offering unique items. Dance class and demos from Lifestyle and WellFit departments are in store on our Opening Day! Weather permitting; the Farmers Market will be open every Wednesday until November. If you are interested in being a vendor of handmade and hobby-related items, please contact Shelvie Smith at 916-625-4021 or shelvie.smith@sclhca.com.



### Yard Educational Expo – "Let's Get Planting" Wednesday, May 23, 9:00 AM to Noon

Grand Ballroom (OC)—Free

Lincoln Hills 2018 Yard Educational Expo. Come be inspired and listen to presentations from ARC, Compliance, Capital Arborists, Wildlife Foundation, Julie the plant lady and the Trail Enhancement Team. Also, stop by the vendor booths and gather information to beautify your home and neighborhoods.



### Coffee with the Mayor Thursday, May 24, 8:00 AM Terra Cotta Room (KS)—Free

Please join Stan Nader, Mayor of the City of Lincoln, at his monthly Coffee meetings. Pick up a free cup of coffee from the Kilaga Springs Café prior to the meeting. The Coffee is an informal setting to provide residents an opportunity to hear what is going on within the City of Lincoln and to ask questions; the Mayor is happy to answer any all resident concerns.



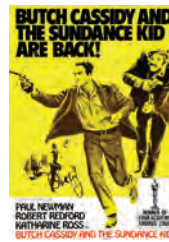
### Veterans Memorial Day Program Monday, May 28, 9:00 AM Amphitheater—Free

The Veterans Group will join with Lincoln Hills to present the 2018 Memorial Day ceremony. William Jessup University President Emeritus Dr. Bryce Jessup will be the keynote speaker. The Whitney High School AFJROTC color guard will post the colors. The National Anthem will be performed by Miss Violet Joy Hansen, and the Hills Brothers will provide patriotic music. A two-bell ceremony will honor veterans who have recently passed. The program will last one hour, and limited seating will be available.




**2 Showings!**  
 KS at the Movies:  
**Impossible Dreamers (2016)**  
 Saturday, June 2,  
 6:00 PM Screening—**Free**  
 Monday, June 4,  
 1:30 PM Screening—**Free**  
 P-Hall (KS)

TV-PG, 75 min, Documentary. "Impossible Dreamers" is an inspirational documentary that follows a number of Senior Athletes, ranging from ages 60-90. The Emmy award-winning filmmakers spent over three years capturing the ups and downs that define the human spirit.



**KS Classic Movies on Saturday:**  
**Butch Cassidy and the Sundance Kid (1969)**  
 Saturday, June 16,  
 1:30 PM Screening—**Free**  
 P-Hall (KS)

Rated PG, 110 min, Biography/Crime/Drama. Starring Paul Newman, Robert Redford, and Katharine Ross. Wyoming, the early 1900s. Butch Cassidy and The Sundance Kid are the leaders of a band of outlaws. After a train robbery goes wrong, they find themselves on the run with a posse hard on their heels. Their solution – escape to Bolivia.




**Got Real Estate Needs???**  
 You know my face,  
 I know the market!  
 Please contact me for a  
 free market analysis

**Tony Williams**  
 (916) 521-3400  
 Tony@TonyWilliams.com

BRE # 01390054

Each Office is Independently Owned and Operated




**STATE FARM®**  
 Coverage You Need From a Name You Know,  
 Providing Insurance and Financial Services

**Christine Taylor**  
 State Farm Agent  
 6671 Blue Oaks Blvd, Ste 3B, Rocklin, CA 95765  
 Christine.Taylor.g12t@statefarm.com www.ChristineTaylor.com

**916-408-1408**

**State Farm™**

State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company, Bloomington, IL

Auto Home Life Health Financial Services

**LiftMaster** GARAGE DOOR OPENERS

Get in your garage. Every Time.



**myQ** **Battery Backup**

**Model 8550**  
 Includes: Smart Control Panel  
 3-Button Premium Remote Control

**SACS GARAGE DOOR REPAIR**

Opens and closes your door...even when the power is out!

- The Battery Backup System ensures your garage door opener continues to work.
- Powerful DC motor belt drive system is durable, ultra-quiet and maintenance-free. MyQ® technology enables you to close your garage door or turn the lights on or off using a smart phone or computer from anywhere
- Lifetime motor and belt warranty

**916-245-6343**  
[www.sacslocksmithgaragedoorrepair.com](http://www.sacslocksmithgaragedoorrepair.com)  
 CA LCO LIC# 5940 CSLB LIC# 1006444

Mention this ad & receive a free remote w/installation of a garage door opener.

 *Your Carriage House Door Professionals*



## Lincoln Hills Community Forums

### Grazing the Wetlands Monday, May 21, 2:00 PM – P-Hall (KS)—Free

The son and grandson of scientists, Lee Hazeltine majored in Plant Science at UC Davis. In 2006, Lee bought his first herd of commercial goats, hoping to use them as a compliment to his primary vegetation management business. Starting in 2008, Lee spent 18 months walking 640 animals from site to site within the greater Lincoln area, grazing, studying and gathering data. By 2012, Lee went from grazing 22 acres to over 5000 acres and 14,500 animals. Come and meet Lee Hazeltine and listen to his story of utilizing a natural symbiotic relationship to enhance the environment.



### Popping Your Pills Properly Wednesday, May 23, 7:00 PM – Ballroom (OC)—Free

Dr. Bajwa and Dr. Reza are Family Medicine physicians with Mercy Medical Group in Rocklin. They will be presenting information about taking prescribed medications properly and how to avoid adverse reactions between medications. They will explain how medications are processed, the differences between prescription, over the counter, and herbal medications and their side effects. During the presentation, they will also touch upon the problems that can arise during the transition of care from a hospital or nursing facility back to home. Strategies will be provided for preventing adverse reactions or side effects when using multiple medications.



### From Day to Day: One Man's Diary of Survival in Nazi Concentration Camps Thursday, June 14, 2:00 PM – P-Hall (KS)—Free

Timothy Boyce, editor of this fascinating book, gives us a glance at the secret diary of Odd Nansen, a Norwegian citizen from a prominent Christian family, who was imprisoned by the Nazis. He



## Upcoming Events

- **You Are What You Eat**, Wednesday, July 25, 7:00 PM – P-Hall (KS)—Free
- **A Bridge to Cross**, Tuesday, August 14, 10:00 AM – P-Hall (KS) —Free

will also share the touching story of how this incredibly brave man befriended a young Jewish prisoner whom he saved. Mr. Boyce, a writer and retired attorney from North Carolina, is dedicated to having this story told and travels throughout the country speaking to various organizations. We are fortunate to have him take time from his busy schedule to visit Lincoln Hills.

### Extend Your Health to Extend Your Life Wednesday, June 27, 7:00 PM – P-Hall (KS)—Free

Lincoln Hills resident, Lorna Gray, RN, BSN, PHN, Exercise Science Specialist and author has been teaching healthy living and wellness since 1991. Learn what recent medical research studies reveal about body and brain aging and how our bodies naturally come with in-born body protective systems. Discover how to use these to remain and regain health to slow down aging. By just making a few eating, activity, and stress reduction changes you may easily avoid or lessen the effects of life-threatening diseases such as obesity, diabetes, heart disease, cancers, dementia, and Alzheimer's disease.



### Comfort and Confidence with Facebook Tuesday, July 10, 10:00 AM – P-Hall (KS) —Free

Become more comfortable and confident with Facebook as we help you to understand how social media works and the many benefits of using it. David Ortiz and Tim Rusher, two members of the SCLH Marketing staff, will guide you through the process of setting up a profile page and focusing on privacy settings. Learn how to properly and safely use Facebook and discover new ways to communicate with family, friends, past co-workers, classmates, news sources, businesses, and more!



**H**ere comes the event you all have been waiting for! Get ready to sing, dance and experience another unforgettable summer in Lincoln Hills with this year's Summer Amphitheater Concert Series (SACS).

From rock n' roll to pop, country to classic rock, and all genres in between, we have all your favorite hits from the 50's through today performed by award-winning artists and bands for you, your friends and family. Food concession, bars, and doors open at 6:00 PM for 7:30 PM concerts.

Tickets go on sale April 17. Receive a \$20 discount when you purchase the complete Series Package available until May 14 only. Please read the Amphitheater Guidelines for an enhanced experience. See ticket price for individual shows below.

Discounted Summer Concert Series Package – **LSE131** \$164



**Decades: Music from Chuck Berry to Katy Perry**  
**Hits from the 50's through Today**  
**Friday, June 1 – LSE72**

We open our series with a high energy concert from Decades, one of Northern California's most in-demand bands. Expect rock n' roll hits and classic songs from the 50's through today, featuring songs from Chuck Berry, Buddy Holly up to Katy Perry! These versatile musicians effortlessly swap between several instruments (including saxophone, harmonica, penny whistle, trumpet and more) and belt out four-part harmonies that will have everyone singing and dancing along. Bring your friends and family to a musical party to be remembered! General admission, \$20.



**Whitney – One Moment in Time**  
**Starring Dee Dee Simon**  
**Friday, June 15 – LSE73**

Experience the critically-acclaimed live concert honoring the talent, music, and memory of Whitney Houston featuring the breathtaking vocals of Northern California's Entertainer of the Year Award Winner, Dee Dee Simon and her fabulous 6-piece band. The production will fill you with joy, nostalgia, and wonderment as you are taken on a musical journey through Houston's greatest hits including her signature song "One Moment in Time," and classics including "I Will Always Love You," "I Wanna Dance with Somebody," and many more. Simon will have you up on your feet! General admission, \$20.



**Caravanserai: The Santana Tribute**  
**Friday, June 29 – LSE74**

Get ready for some fun! Caravanserai is a project of love and devotion to the music of Rock and Roll Hall of Fame band, Santana. Listen to songs from all eras of Santana's 30+ year history, from the 1969 hit "Evil Ways" to monster hit "Smooth." Painstaking care has been taken in the recreation of early and new music performed by this San Francisco Bay Area band of journeymen. They have perfected the Santana's instrumentations and sounds. The concert is guaranteed to satisfy Santana fans young and old. General admission, \$20.



**When Vegas Was Vegas!**  
**A Rat Pack Music Tribute with Jonathan Poretz**  
**Friday, July 13 – LSE75**

Backed by his swingin' mini big band, Jonathan Poretz recreates the heyday of a young Las Vegas, performing authentic, big band arrangements of everyone's favorite songs from the vast catalogs of Frank Sinatra, Dean Martin, Bobby Darin and Sammy Davis, Jr. Among the celebrated classics, he will perform "I've Got You Under My Skin," "Fly Me To The Moon," "That's Amore," "Mack The Knife," "Splish Splash," "My Way," and many more. General admission, \$20.



**Listen to the Music: The Doobie Brothers Experience**  
**Friday, July 27 – LSE76**

LISTEN TO THE MUSIC is a re-creation of the famous DOOBIE BROTHERS' classic lineup of Pat Simmons, Michael McDonald, Jeff "Skunk" Baxter, Tom Johnston and Tiran Porter. The band showcases the famous Doobie Brothers hit songs of the 70's and recreates the era with exact instruments, costumes, and looks. You can't help but get sucked in and believe it's the real deal. Get your groove on and come experience this unforgettable show! General admission, \$20.



**James Garner's Tribute to Johnny Cash:  
A Show That Walks the Line**  
Friday, August 10 – LSE77

For over a decade, Garner and his band have faithfully recreated Cash's biggest hits with stunning accuracy. From special concert airings on PBS stations to shows at Folsom and San Quentin Prisons, the premier tribute to the "Man in Black" is a concert not to be missed. He performed in 2008 at Folsom State Prison to commemorate the 40th anniversary of Cash's infamous live album recorded behind prison walls. The show is a fun, toe-tapping trip down memory lane honoring Johnny Cash's life and music, and the boom-chicka-boom sound of his band, the Tennessee Three. General admission, \$22.



**Garratt Wilkin & The Parrotheads  
A Tribute to Jimmy Buffett**  
Friday, August 24 – LSE78

Billed as the #1 Jimmy Buffett tribute band in the nation, Garratt and the Parrotheads get you going on the dance floor as they perform Jimmy Buffett hits and classic rock tunes! With hits like "Margaritaville," "Cheeseburger in Paradise," and more, the evening will surely be chillin'! Don't forget to wear your Hawaiian shirts! General admission, \$20.



**Forefour: A Tribute to Foreigner and Journey**  
Friday, September 7 – LSE79

FOREFOUR pays tribute to the music of 80's mega bands FOREIGNER & JOURNEY, recreating the soundtrack of a generation with stunning accuracy. Forefour's program includes the 20th century's most downloaded song, "Don't Stop Believing," as well as power ballads such as Foreigner's "I Want to Know What Love Is," and Journey's "Faithfully." You will surely have a-rockin' good time! General admission, \$20.



**Hot August Night: A Neil Diamond Celebration**  
Featuring Dean Colley  
Friday, September 21 – LSE80

Dean Colley returns to close our series with his show Hot August Night! Dean's incredible resemblance insight, and unique voice capture Diamond's fierce passion and energy. The concert will feature your favorite Diamond classics such as "Sweet Caroline," "Song Sung Blue," "Kentucky Woman," "I Am I Said" and songs from Neil Diamond's August 1972 live album recorded at the Greek Theater. Dean and his band have toured their show in Vegas, Europe, and Asia to enthusiastic audiences. General admission, \$22.

## 2018 Summer Amphitheater Concert Series Guidelines

**Admission:** Doors open at 6:00 PM. Wristbands must be worn during the concert. **Online buyers for individual shows can exchange e-tickets for wristbands at Lifestyle Desks, after 8:00 AM on the day of the performance.** Show package buyers can pick up their complete set of wristbands from the Orchard Creek Lifestyle desk in advance. E-Ticket or receipt required for redemption. **Lost tickets/wristbands will not be replaced.**

**ADA:** The Designated paved area is located in the Amphitheater's center top tier. Patrons with wheelchairs have priority access.

**Chairs/Seating:** Guests must provide their own concert seating. Seating is first-come, first-served. Chairs may be set up **between 5:00 AM and 5:00 PM** on the day of the event. The amphitheater will close at 5:00 PM on the day of the event and **re-open at 6:00 PM.** **Chairs placed prior to 5:00 AM, or that exceed height maximum of 36" will be removed and placed on the upper patio terrace.** SCLH is not responsible for the loss of chairs/blankets left unattended. **Do not move chairs already in place.** Lawn seating for blankets available at the grassy area at the left of the stage. Unused blanket space may be used for general seating after the opening song.

**Dancing:** Dancing in front of raised stage permitted. This may

slightly obstruct the view of patrons seated on Amphitheater's bottom tier.

**Entertainers:** Please be respectful of performers/singers/entertainers by avoiding physical contact of any nature.

**Food & Beverage:** No-host bar and concessions available upon admission and throughout the concert.

**Not Allowed:** High-back chairs that exceed 36 inches, outside food or beverage, cans, glass bottles, ice chests/coolers/picnic baskets, umbrellas, smoking, pets.

**OC Fitness Center/Pool:** Closes at 6:30 PM.

**Parking:** We have limited parking at OC. Please carpool or walk. The parking area across our parking lot is available after 5:00 PM. Street parking is only allowed where permit signs are posted.

**Permitted:** Blankets/cushions, lawn chairs, small backpacks/bags, water in factory-sealed bottles.

**Show Cancellation:** All sales are final. **No refunds or exchanges will be issued** (includes situations of unexpected "Acts of God," "Force Majeure," local authority related, or any other unforeseen situations that prevent the event from safely being held).

**Ticket Pricing:** Located in individual articles in Entertainment section. All sales are final. No refunds or exchanges. No child pricing.

**Deborah Meyer**  
 Entertainment Coordinator  
 Deborah.Meyer@sclhca.com



Tickets Available at the Lifestyle Desk (OC/KS)  
 and online at SCLHResidents.com

**Entertainment**

**—Club Performances—**



**BERMUDA Avenue Triangle**  
 Scandalous Outrageous Comedy Adult Humor  
 Written by Renee Taylor & Joe Bologna  
 Directed by Becky Nicholson  
 June 7 and 8 - 7:00 pm  
 June 9 and 10 - 2:00 pm  
 Kilaga Springs Presentation Hall  
 Tickets - \$15  
 Open to the Public  
 Tickets available on April 17th at SCLH Activity Desks (OC/KS)  
 Log in online at www.sclhresidents.com  
 Click "Online Enrollment"

**The Lincoln Hills Players Club presents Bermuda Avenue Triangle**  
 Thursday, June 7  
 7:00 PM show — **LSE57**  
 Friday, June 8  
 7:00 PM show — **LSE58**  
 Saturday, June 9  
 2:00 PM show — **LSE59**  
 Sunday, June 10  
 2:00 PM show — **LSE60**

The Players return to kick off your summer with the hilarious Bermuda

Avenue Triangle. The award-winning, delightfully entertaining Broadway play features hapless New Yorkers Fannie and Tess, who have been coaxed by their middle-aged daughters Angela and Rita to move to a distastefully decorated Las Vegas retirement condo. Breezy Rabbi Levine, who welcomes the newcomers with a basket of "dietetic oat bran macaroons," and Johnny, a wannabe gigolo, add plenty of comic relief in this tale of covert courtship and attempted subterfuge. The show returns to its sellout Kilaga Springs venue, where every seat's up close and personal. **Reserved Seating: \$15.**

**The Golden Review Vaudeville Variety Show**  
 Friday, July 6, 6:00 PM show — **LSE132**  
 Saturday, July 7, 2:00 PM show — **LSE133**  
 Saturday, July 7, 6:00 PM show — **LSE62**  
 P-Hall (KS)

The Lincoln Hills Vaudeville Troupe will entertain you once more with their annual Golden Review Variety Show. This show is a real variety show and will keep you swinging in your seat with dancers, singers, comedians and several surprise acts. For the best seats get your tickets early. Save \$1 off \$4 or more at the KS Cafe on show days. 6:00 PM performances on Friday and Saturday plus a matinee performance on Saturday. **Reserved Seating: \$12.00.**

**—Comedy—**



**KS Comedy Night:**  
**Jeff Applebaum**  
 Friday, May 25,  
 6:00 PM Show — **LSE103**  
 8:00 PM Show — **LSE125**  
 P-Hall (KS)

A native New

Yorker, Jeff made his national TV debut on CBS as a comedian on the *Late Late Show with Craig Ferguson*. He has also appeared on *Comics Unleashed*, ABC-TV, *America's Got Talent* on NBC and opened for and performed with comic legends Robert Klein, Mort Sahl, Robin Williams, Dana Carvey, Elayne Boosler, and more. Jeff plays the role of Joey Bishop in *The Rat Pack Tribute* and appears in the blockbuster film *The Pursuit of Happyness*, starring Will Smith. Save \$1 off \$4 or more at KS Café on show night. **Reserved Seating: \$16.**

**—Concerts—**



**Richard Glazier:**  
**Great Music from the Stage and Screen**  
 Tuesday, May 15, 7:00 PM,  
 Ballroom (OC) — **LSE91**

Join award-winning pianist and master storyteller Richard Glazier on a musical tour of Broadway and Hollywood, featuring sensational songs written by masters from

George Gershwin to Leonard Bernstein. Glazier is famous for combining fascinating stories, hilarious anecdotes, and unforgettable performances. The program includes "Hooray for Hollywood," "Singin' in the Rain," "Pure Imagination" from *Willy Wonka and the Chocolate Factory*, "Theme from *Auntie Mame*," and Medleys from the immortal Broadway shows. Glazier concludes the show with his signature piece the *Rhapsody in Blue*. He will be joined by special guest singer Nancy Agee. **Premium Reserved Seating: \$19.** General Admission: \$16.

**Summer Amphitheater Concert Series**  
**Decades: Music from Chuck Berry to Katy Perry Hits from the 50's through Today**  
 Friday, June 1, 7:30 PM (Amphitheater, OC)  
 — **LSE72**

\$20. See page 54 for details.



**Summer Amphitheater Concert Series**  
**Whitney – One Moment in Time**  
 Starring Dee Dee Simon  
 Friday, June 15, 7:30 PM (Amphitheater, OC)  
 – **LSE73**  
 \$20. See page 54 for details.

**Summer Amphitheater Concert Series**  
**Caravanserai: The Santana Tribute**  
 Friday, June 29, 7:30 PM (Amphitheater, OC)  
 – **LSE74**  
 \$20. See page 54 for details.



**Roseville Community Concert Band**  
**Happy Birthday USA!**  
 Wednesday, July 4, 2:00 PM (OC) — **LSE105**

The tradition continues! Welcome back the Roseville Community Concert Band (RCCB) for our annual 4th of July celebration. Considered one of the best symphonic bands in the area, the band performs throughout the greater Roseville and South Placer communities. The concert will offer just the right combination of enjoyable and patriotic music to celebrate the holiday with friends and family. The afternoon concert will be completed before dark, so you can still enjoy the City of Lincoln's fabulous firework display with your family. **Premium Reserved Section Seating: \$12.** General admission, \$8. Tickets required for all guests, including children.

**Summer Amphitheater Concert Series**  
**When Vegas Was Vegas!**  
**A Rat Pack Music Tribute with Jonathan Poretz**  
 Friday, July 13, 7:30 PM (Amphitheater, OC)  
 – **LSE75**  
 \$20. See page 54 for details.



**Harpeth Rising**  
 Tuesday, July 17,  
 7:00 PM, P-Hall (KS)  
 — **LSE90**

Three conservatory-trained musicians playing original music, as intricately arranged as a string quartet, lyrically rooted in the singer/songwriter tradition and wrapped in three-part vocal harmonies reminiscent of both Appalachia and Medieval Europe. Unapologetic genre-benders, Harpeth Rising fuses Folk, Bluegrass, Rock and Classical into something organically unique. Save \$1 off \$4 or more at KS Café on show night. **Reserved Seating: \$25.**

**Summer Amphitheater Concert Series**  
**Listen to the Music:**  
**The Doobie Brothers Experience**  
 Friday, July 27, 7:30 PM (Amphitheater, OC)  
 – **LSE76**  
 \$20. See page 54 for details.



**CENTRAL SECURITY GROUP**

*Call For Free Consultation*

**Stephen Derby**

**(530) 412-2872**

- Home Security, Video Monitoring, Home Automation
- Old Fashioned Service Meets Today's Technology
- Grandparents are Lincoln Hills Residents
- Medical Alert Pendants
- Direct Conversation to Verify Emergency

Email: [Stephen.derby@centralsecuritygroup.com](mailto:Stephen.derby@centralsecuritygroup.com)



BBB Rating: A+

Website: [www.centralsecuritygroup.com](http://www.centralsecuritygroup.com)

Lic. #528075

*Royal Pacific*

LUXURY VACATION RENTAL

*Bodega Bay*

Call us for  
midweek specials!



Melony Peverini  
(916) 247-5465  
[bodegabayrentalhouse.com](http://bodegabayrentalhouse.com)



**vivint.Solar™**

**TAKE ADVANTAGE OF THE BENEFITS OF SOLAR  
WITH FEWER RISKS<sup>1</sup>.**

You can purchase solar panels, or you can simply  
**PAY LESS FOR POWER:**

**NO LIEN<sup>2</sup>  
NO UPFRONT COST  
LOW<sup>3</sup>, PREDICTABLE RATES  
CLEAN ENERGY**

**916 581 0682**

Mention this ad and receive a \$50 gift card upon installation of the  
solar energy system<sup>4</sup>!

---

1 Subject to availability and for qualified customers 2 Only with a Power Purchase Agreement 3 Lower than what your utility can typically provide. 4 Gift card awarded after installation, and is only valid through advertising sales managers, not Vivint Solar.

Copyright (c) 2107 Vivint Solar, Inc. All Rights Reserved. No part of this may be reproduced or transmitted in any form by any means, electronic, mechanical, photocopying, recording, or otherwise without the express prior written and signed consent of Vivint Solar, Inc. Vivint Solar Developer, LLC (EIN: 80 - 0756438) is a licensed contractor in each state in which it operates. For information about our contractor licenses, please visit

**Katrina Ferland**  
Lifestyle Trips Coordinator  
Katrina.Ferland@sclhca.com



Register at the Lifestyle Desk (OC/KS)  
or online at SCLHResidents.com



### Featured Trip

#### Overnight!

**Angel Island and Highlights of Marin County**  
Sunday, September 9 to Monday, September 10

— **LST140**

Join Katrina, your Lifestyle Trip Coordinator, as we visit Angel Island and more! Take a train trip on the newest passenger train service between Sonoma and Marin Counties and enjoy a tour of the highlights of Marin County with resident favorite step-on guide, Gary Holloway.

#### Trip package includes per person:

- One night stay at Doubletree by Hilton Sonoma Wine Country in Rohnert Park
- Hot breakfast for the group in private room
- Ferry to Angel Island
- Boxed lunch & tram tour of Angel Island
- Dinner on your own in Sausalito (enjoy the sunset on the bay!)
- Train ride on new SMART- Sonoma-Marin Transit from the beginning of the line to the end
- Tour by bus through several Marin County communities with commentary
- Included private lunch at Le Chateau Basque in San Rafael. Menu choices at Lifestyle Desks.
- Bus driver gratuity

Wheels roll from OC at 8:00 AM, return to LH, ~ 6:00 PM. *A signed liability waiver is required for each participant.* \$345 per person double occupancy. \$465 single.

www.sclhresidents.com

## Day Trips

—Casino/Races—



### Colusa Casino

**Thursday, June 21 — LST133**

Casino credits: New members \$15; Current members \$10 plus any additional based on prior play. All attendees over 50 years of age will receive \$5 additional slot credit and \$5 credit towards the buffet. There may be additional promotions in June. Casino promotions subject to change. Five-hour stay at the casino. Wheels roll from OC at 9:00 AM, return ~ 5:00 PM. \$24.



### Reno Silver Legacy

**Tuesday, July 10 — LST141**

Visit the Silver Legacy Hotel & Casino in Reno for the day. Get \$10 cash back and \$5 food credit. Six-hour stay. Leave OC 8:00 AM, return ~ 6:30 PM. \$37.

—Museums—



**Legion of Honor – San Francisco Truth and Beauty: The Pre-Raphaelites and the Old Masters**  
Wednesday, July 18

— **LST136**

See the first major international loan exhibition to assemble works of art by members of England's nineteenth-century Pre-Raphaelite Brotherhood



## Discover the magic of the Eskaton Village Carmichael lifestyle

If you want luxury, comfort and service in a gated, country club-style retirement community offering exceptional value ... If you want the freedom of an independent lifestyle in a spacious apartment or cottage, plus the convenience of additional levels of care at your community should your health needs change ... Come to Eskaton Village Carmichael, the Greater Sacramento Area's only continuing care retirement community. Take in our beautiful 37-acre campus and imagine your life with so many exciting opportunities right outside your door. Your community. Your life. **Your choice.**

[eskaton.org/evc](http://eskaton.org/evc)

**ESKATON**  
Transforming the Aging Experience

**Eskaton Village Carmichael**  
Continuing Care Community (CCRC)  
3939 Walnut Avenue  
Carmichael, CA 95608

**Join us for a Spring Home Tour!**  
**Lunch is on us. Call for dates and times.**

**916-827-1480**

License # 340313383 | COA # 202

Monthly fees from \$3,812



Celebrating 50 years as a leading nonprofit provider of aging services in Northern California

with the early Italian, Netherlandish, and German art that inspired them. The presentation will feature stained glass and tapestries. Also enjoy the exhibition: The Future of the Past: Mummies and Medicine. For more information on this and other currently running exhibits, please go to <http://legionofhonor.famsf.org/legion/exhibitions>. Lunch on your own at the museum's café or bring your own. Wheels roll from OC at 8:15 AM, return ~ 6:15 PM. \$70.

—Performances—



**The Illusionists Present  
Cirque Paris at Eldorado Reno  
Wednesday, June 27 — LST137**

Featuring an award-winning acrobatic cast including former stars of Cirque Du Soleil, *Cirque Paris* is set around a custom, fully functioning speakeasy-style bar with beautiful and unique acts from around the world accompanied by mesmerizing musicians, sensational dancers, and a magical comedy host. It will transport you to the cabaret nightclubs of France. Includes \$10 free play and \$5 food credit at the Silver Legacy, and buffet dinner at the Eldorado before the show. Reserved seats. Wheels roll from OC at 12:00 PM, return ~ 11:00 PM. \$95.



**Les Misérables  
Orpheum Theater, San Francisco  
Wednesday, August 15 — LST111**

See the new Cameron Mackintosh production of LES MISÉRABLES. Set against the backdrop of 19th-century France, LES MISÉRABLES tells an unforgettable story of heartbreak, passion, and the resilience of the human spirit featuring the beloved

songs, "I Dreamed A Dream," "On My Own," and more. With its glorious new staging and dazzlingly reimagined scenery, this new production has left everyone awestruck. Matinee performance with Mid-Orchestra seating. Dinner on your own at Union Square after the show. Bring your own lunch to eat en route. Wheels roll from OC at 10:45 AM, return ~ 9:45 PM. \$152.



**2018/2019 Speaker Series**

Experience the ultimate in cultural entertainment—six evenings of diverse opinions, profound insights, and fascinating discussion on a broad scope of issues at the Sacramento Community Center Theater. The exciting speaker series is **sold as a series only**, no individual tickets, offered with four price points and seating choices. Reserved seating choices: Platinum – Front Orchestra seating. Gold – Middle orchestra and Silver – Rear orchestra. Bronze option is open seating in the second tier. Wheels roll at 6:45 PM, allowing ample Bronze seat options upon arrival, return ~ 10:15 PM. Price options and phenomenal speakers listed below.

\$618 Platinum Seating — **LST144**

\$558 Gold Seating — **LST145**

\$438 Silver Seating — **LST146**

\$342 Bronze Seating — **LST147**



**Leon Panetta  
Wednesday, September 26**

Leon Panetta is an American politician who has served in several public office positions, such as Secretary of Defense, Director of the CIA, Director of the Office of Management and Budget and as a U.S. Representative from Monterey, California. As President Clinton's Chief of Staff, he was credited for bringing order and focus to the White House operations and policy making. He is the co-founder of the Panetta Institute for Public Policy.



**John Cleese  
Wednesday, November 14**

John Cleese dubbed "the world's funniest man" first made his mark as a member of the legendary Monty Python troupe in the 1960's, and has gone on to write, produce, direct and star in some of the greatest comedic hits of the last forty years. But Cleese is far from your garden variety entertainer, since the beginning of his career,

he has continually parlayed his enormous talents into advancing education and providing entertaining training videos.



### **Ian Bremmer**

**Wednesday, January 16, 2019**

Ian Bremmer is a political scientist specializing in U.S. foreign policy and states in transition. Bremmer is most widely known for advances in global political risk; referred to as the “guru” in the field by *The Economist* and *The Wall Street Journal* and, more directly, bringing political science as a discipline to the financial markets. He created Wall Street’s first global political risk index, now the GPRI (Global Political Risk Index). He is also the foreign affairs columnist and editor-at-large for *TIME Magazine*.



### **Diane Keaton**

**Wednesday, February 20, 2019**

Diane Keaton is a renowned American actress and an occasional singer who also delved into directing and producing films. She is a multi-faceted personality who has not only proved her mettle in the various aspects of the entertainment industry but also portrayed her creative versatility in writing and photography. She is also a New York Times best-selling author.



### **Marlee Matlin**

**Wednesday, March 20, 2019**

Marlee Matlin lost her hearing at a young age but nonetheless pursued an acting career and became highly successful, winning an Academy Award for her role in *Children of a Lesser God*. She continues to star in a number of films and television shows. Her autobiography, *I’ll Scream Later*, describes many challenges she has faced and how her perseverance helped her overcome obstacles.

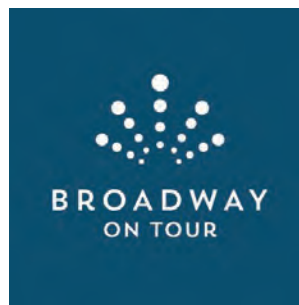


### **Dan Buettner**

**Wednesday, April 17, 2019**

Dan Buettner is a National Geographic Fellow and New York Times, bestselling author. While traveling the globe, he discovered five places in the world dubbed “Blue Zones” where people live the longest and are

healthiest. Buettner released a book on his findings, *The Blue Zones: Lessons for Living Longer From the People Who’ve Lived the Longest*. His topics of how to live to be 100+ and Finding Happiness in the Blue Zone Ways, largely based upon his research, provides a database approach to long life and happiness.



### **Broadway on Tour**

**Sacramento 2018-2019**

The Broadway on Tour series, the region’s largest live performing arts event, features national touring productions of some of the most popular Broadway shows. All performances held at the Sacramento Community Theatre at 8:00 PM. Reserved Mid-Orchestra seating. Enjoy the convenience of being dropped at the front entrance to the theater without the hassle of driving and parking in downtown Sacramento. Wheels roll from OC at 6:45 PM, return ~ 11:30 PM. All shows \$101 each.

### **On Your Feet! The Emilio & Gloria Estefan Story**

**Tuesday, October 30 — LST148**

From their humble beginnings in Cuba, Emilio and Gloria Estefan came to America and broke through all barriers to become a crossover sensation at the very top of the pop music world. But just when they thought they had it all, they almost lost everything. *On Your Feet!*, takes you behind the music and inside the real story of this record-making and groundbreaking couple who, in the face of adversity, found a way to end up on their feet. \$101.



### **Waitress**

**Wednesday, January 2, 2019 — LST149**

Brought to life by a groundbreaking all-female creative team, this irresistible new hit features original music and lyrics by 6-time Grammy® nominee Sara Bareilles (“Brave,” “Love Song”), a book by acclaimed screenwriter Jessie Nelson (*I Am Sam*) and direction

# Vision to Last a Lifetime

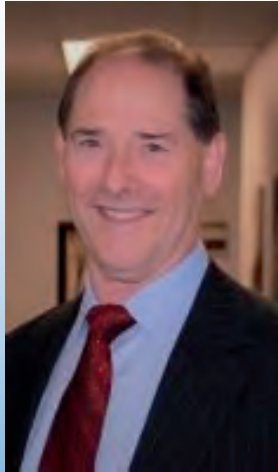
Complete Eye Care at Wilmarth Eye and Laser

## Care You Can Trust

With over 35 years of experience as a board certified ophthalmologist, Dr. Wilmarth is in a unique position to bring state-of-the-art technology and techniques to your eye care. We suggest ways of achieving your personal visual goals with the best technology at a reasonable price.

**Laser Cataract Surgery** brings a new level of precision and safety to cataract removal. Dr. Wilmarth and his staff will discuss the many options for intraocular lens (IOL's) implantation and help you select the lens that fits your visual goals and financial resources. All IOL's are available to you: Symphony, Restor, Toric and others.

## Financing Options Available



Dr. Wilmarth is a Board Certified Ophthalmologist and Medical Director of Ophthalmic Surgery at Sutter Sierra Surgery Center located on the Sutter Roseville Campus.



**LASIK** (Advanced Laser Vision Correction) is available to you with the Wavelight EX500, the most advanced system available in the U.S. Dr. Wilmarth has over 20 years experience with LASIK. He is Founder of Horizon Vision with 6 centers in Northern California and he serves as Medical Director of the Horizon Roseville Center.

## Complimentary LASIK Consultations

Call today to schedule your consultation. Together we will determine which vision correction option is best suited for your lifestyle.

## State-of-the-Art Care

Dr. Wilmarth is the co-founder and part owner of the new Sutter Sierra Surgery Center located on the Sutter Roseville Hospital Campus. All of his staff are Certified Ophthalmic Assistants and Technicians. We bring the best care and technology to our patients.

**Stephen S. Wilmarth, M.D.—Vision Correction Specialist**

**1830 Sierra Gardens Dr. • Suite 100 • Roseville** Lic. #801041

[www.wilmartheye.com](http://www.wilmartheye.com)

**916-782-2111**

CSLB #987296

# Make Our Backyard Your Backyard!



- Largest Selection in Northern CA
- Factory Trained Representatives
- We Guarantee What We Sell
- We Service & Deliver Ourselves
- 4 Convenient Area Locations

Patio Sets & Accessories

Outdoor Kitchens

Portable Weber Gas Grills

Portable Spas

**California BACKYARD**

[www.CaliforniaBackyard.com](http://www.CaliforniaBackyard.com)

Making Backyards Beautiful Since 1970!

**ELK GROVE**  
8457 ELK GROVE BLVD  
**683-9000**  
Mon-Sat 10-6, Sun 11-5

**ROSEVILLE**  
1529 EUREKA RD.  
**773-4800**  
Mon-Sat 10-6, Sun 11-5

**GOLD RIVER**  
HAZEL & HWY 50  
**353-5100**  
Mon-Sat 10-6, Sun 11-5

**SACRAMENTO**  
2901 ARDEN WAY  
**488-5100**  
Mon-Sat 10-6, Sun 11-5

by Tony Award® winner Diane Paulus (*Hair*, *Pippin*, *Finding Neverland*). Inspired by Adrienne Shelly's beloved film, *WAITRESS* tells the story of Jenna – a waitress and expert pie maker who dreams of leaving her small town and loveless marriage. A baking contest and the town's new doctor may offer her a chance at a fresh start. Don't miss this uplifting musical. \$101.



**Falsettos**

**Tuesday, March 12, 2019 — LST150**

William Finn and James Lapine's groundbreaking, Tony Award-winning musical returned to Broadway in an all-new production from Lincoln Center Theater and was nominated for five 2017 Tony Awards, including Best Revival of a Musical. *Falsettos* is a hilarious and achingly poignant look at the infinite possibilities that make up a modern and non-traditional family...and a beautiful reminder that love can tell a million stories. *Falsettos'* story centers around a boy whose parents divorced and are both in new relationships, one of which is homosexual. \$101.



**CATS**

**Tuesday, April 2, 2019 — LST151**

Rediscover *Cats* —the beloved Andrew Lloyd Webber musical with breathtaking music, including one of the most treasured songs in musical theater, "Memory." Winner of seven Tony Awards® including Best Musical. Featuring new sound design, direction, and choreography for a new generation — experience

*Cats* for the first time as it begins a new life, or let it thrill you all over again! \$101.



**Disney's Aladdin**

**Tuesday, May 21, 2019 — LST152**

Discover a whole new world at Disney's *Aladdin*; the hit Broadway musical. From the producer of *The Lion King* comes the timeless story of *Aladdin*, a thrilling new production filled with unforgettable beauty, magic, comedy and breathtaking spectacle. It's an extraordinary theatrical event where one lamp and three wishes make the possibilities infinite. See why audiences and critics agree, *Aladdin* is "Exactly What You Wish For!" \$101.



**2018 Music Circus**

Enjoy three wonderful shows from this year's season at the air-conditioned Wells Fargo Pavilion in Sacramento presented in "Theatre in the Round." Two are brand new to Music Circus and sure to be hits! All shows start 7:30 PM. You will have time to purchase food and beverage prior to the show. Enjoy the convenience of being dropped off right at the entrance gate! Wheels roll from OC at 6:15 PM, return ~ 11:00 PM. \$101 each show.



**Gypsy**

**Tuesday, July 24 — LST120**

This landmark show, with a celebrated score by Jule Styne and Stephen Sondheim, is based on the life of burlesque



queen Gypsy Rose Lee. A singularly-focused mother takes her daughter on a cross-country adventure in pursuit of fame and fortune on the dying Vaudeville circuit.



**Mamma Mia!**  
**Wednesday, August 8 —**  
**SOLD OUT!**



**Little Shop of Horrors**  
**Tuesday, August 21**  
**— LST122**

Nerdy floral shop worker Seymour would do or give

anything to gain the love of the object of his affection, Audrey. The depth of his desire is tested when a strange and precarious addition to his floral shop brings him sudden and unprecedented popularity. This hit musical, based on the campy 1960s cult horror film, features music by Alan Menken. Music Circus premiere.

—Sports—



**River Cats vs. Oklahoma City Dodgers**  
**Tuesday, June 5 — LST138**

The River Cats are the AAA affiliate of the San Francisco Giants with up-and-coming future stars! Who knows what Giants players you may spot on injury rehab? Enjoy a cool evening next to the river at beautiful Raley Field in West Sacramento. Tuesday night is \$1 hot dog & soft-serve night! Senate seating Sections 108-110. Wheels roll from OC at 5:45 PM, ~ return 11:00 PM. \$49.

**Oakland A's vs. San Francisco Giants**  
**Sunday, July 22 — LST103**

Upgraded seats in Plaza Level right behind dugout overlooking 1st base Section 210. The bus drops off near gate by our seat locations. Wheels roll from OC at 9:15 AM for a 1:05 PM game time and return ~ 7:45 PM. BBQ buffet not included. \$99.



**San Francisco Giants 2018**

Watch your San Francisco Giants in the comfort of club level seats with spectacular views! These seats are wider with more leg room; access to the memorabilia displays and shorter lines. Portions of club level are in climate-controlled areas. Enjoy easy elevator access (bus drops off on the Third base side where seats are located.). No cans, glass bottles, alcohol, or hard-sided coolers allowed inside the ballpark. Wear layers for SF weather and a cap for sun protection. Specific rules for the stadium available at Lifestyle desk. See the list below for individual game time, departure and pricing.

**Giants vs. St. Louis Cardinals**  
**Sunday, July 8 — LST101**

Wheels Roll from OC at 9:15 AM for a 1:05 PM game time and return ~ 7:00 PM. \$154. Seats in Club Section 230.



**Giants vs. Los Angeles Dodgers**  
**Sunday, September 30 —**  
**SOLD OUT!**



—Tours/Leisure—



**California Academy of Sciences**  
**Golden Gate Park,**  
**San Francisco**  
**Wednesday,**  
**May 16 — LST127**

View the whole universe under one roof – an aquarium, a planetarium, a natural history museum and more! The 412,000 square foot structure is not only physically impressive but is the greenest museum on the planet. Your admission includes access to all museum and aquarium exhibits. See the world's

deepest coral reef exhibit, climb into the canopy of the 4-story tropical rainforest, and experience a new exhibit on earthquakes. Lunch on your own at the Academy Café or The Terrace Restaurant. Wheels roll from OC at 8:30 AM ~ return 8:15 PM. \$80.



**Yountville–Wine Walk**  
**Thursday, June 7— LST134**

Choose from nineteen tasting rooms offering wines not only from the Yountville region but from around the world in less than one strolling mile. Meet the farmer, the winemaker, the master sommelier, and some of the greatest knowledgeable personalities around. The bus will drop you in the center of town at The “V” Marketplace not too far from the Yountville Welcome Center and near many tasting rooms or take a walk through the French Laundry Gardens across from the famed restaurant. Lunch and wine tasting on your own. Wheels roll from OC at 8:30 AM, Return ~ 6:15 PM. \$42.

**GARY'S  
 REFINISHING**

- Complete Refinishing for all Fine Woods
- Specializing in Furniture, Cabinets, Doors, Antiques
- Free In-Home Estimates, Pick up & Delivery

**(916) 759-8950**



**CLEANED WHERE THEY HANG**  
**SIERRA HOME & COMMERCIAL SERVICES**

We Safely Clean Any Fabric  
 Window Treatment In Any Configuration,  
 Right Where It Hangs

**Remove That**  
 Smoke • Nicotine • Mildew  
 We Will Remove & Rehang For Remodels

**We Clean All Fabric Window Treatments**  
 Including: Drapes, Laminettes, Duettes, Silhouettes, Swags, Jabobs,  
 Balloons, Verticals, Valances, Fragile Fabrics, Upholstery, and Fine Leather Furniture

[www.sierrahcservices.com](http://www.sierrahcservices.com)  
 We Are A Certified Hunter/Douglas Cleaning Service & Repair Company

**Call For Your Free In-Home Estimate Today**  
**(530) 637-4517** Licensed - Insured **(916) 956-6774**

**Every Tile Roof Needs To Be Serviced!**



- Your Tile Roof Specialists
- Service and Maintenance
- Emergency Repairs
- 25 Years of Experience
- Customer Satisfaction Guaranteed
- Free Detailed Inspections & Estimates

**(916) 595-4660**  
 Family owned and operated  
 CSLB #987296

**CAL-ROX  
 ROOFING, INC.**

**SANCHEZ**  
 Home & Yard Service  
 Proudly Serving Sun City Lincoln Hills

**Clean-Up and Hauling** **FREE ESTIMATES**

- Hoarding
- Rental Property
- Garage
- Fence Removal
- Demolition
- Brush Clearing
- Garden
- Appliances

**Call (916) 408-3902**  
 Specializing in one-time Clean-Ups

Review Us!   
 Email: [sanchezhomeandyardservice@hotmail.com](mailto:sanchezhomeandyardservice@hotmail.com)  
 Website: [www.sanchezhomeandyardservice.com](http://www.sanchezhomeandyardservice.com)  
 Lic. #GDS01202



**Squaw Valley Art, Wine and Music Festival Saturday, July 14 — LST142**

Get out of the valley heat and enjoy a cool mountain summer day to enjoy Squaw

Valley's annual Art, Wine & Music Festival. This European style village comes alive with color, taste, and sound with many fine artists, crafts makers, performers, and musicians. The festival features wine tasting, several performance stages, restaurants, shops, and walkways lined with art booths and exhibits. Do some hiking if you wish. Lunch, wine tasting, tram ride, etc. on your own. Leave OC 9:30 AM, return ~ 6:15 PM. \$35.



**San Francisco for the Day – Union Square Saturday, August 4 — LST143**

Enjoy a lovely day trip to

the city by the bay without worrying about traffic, the bridge, parking, etc. Relax and let our comfortable coach take you Union Square for a day to do as you wish. August can be cool in the city, layer up! Lunch on your own. Wheels roll from OC at 8:30 AM, return ~ 7:00 PM. \$46



**South Fork American River Rapids Rafting Thursday, July 26 — LST135**

The South Fork of the American River is one of the most popular rafting adventures on its course through California's historic Gold Country. If you are active and can swim, this trip is well suited for you (no rafting experience necessary.) The difficulty of rivers are rated class one to six, and this course is in class two and three-plus rapids. Meridians boxed lunch is included with choice of Turkey or Ham Sandwich or Vegetarian Wrap. Comes with fruit, bottled water, and a cookie. Provide lunch choice at registration. This is a high-impact trip and not recommended for those with back issues. Consult with your doctor about any health concerns. Pick up guidelines, waivers and rafting itinerary at Lifestyle Desk. Wheels roll from OC at 11:00 AM, return ~ 6:30 PM. \$160. **Cannot be purchased online, must register in person.**

**Sold Out Trips**

Trip • Date • Departure Time

List below shows trips up to July.

- An American in Paris  
Tuesday, May 22 • 6:45 PM
- Old Sacramento Underground Tour  
Thursday, May 24 • 8:30 AM
- Cache Creek Casino  
Wednesday, May 30 • 9:30 AM
- Federal Reserve Tour  
Tuesday, June 19 • 8:30 AM

~ Tetra Healing Company ~  
**Medical Marijuana Delivery Service**

Providing 250+ Medicinal & Recreational Cannabis Items



Free, Fast & Professional Delivery  
with Minimum Order of \$75



Now Serving SUN CITY

Professional Service  
Award Winning Products  
Educated & Friendly Staff

Call or Text  
**(916) 410-5511**  
[www.TetraHealingCo.com](http://www.TetraHealingCo.com)



M9-18-000054-TEMP (Medicinal State License)  
A9-18-000048-TEMP (Recreational State License)

**Rick Simpson Oil (RSO) \* CBD Products \* Topicals \*  
Lotions \* Tinctures \* Edibles \* Pens/ Cartridges &  
Syrup \* Honey \* Flowers \* & Much More!**

10% Off 65 +  
yrs. young

20% Off Doctors' Rec.  
Lic. A9-18-000048

10% Off for  
Veterans

# YARD EDUCATIONAL EXPO

LET'S GET PLANTING!



WEDNESDAY, MAY 23  
9:00 AM - NOON  
ORCHARD CREEK BALLROOM

FREE ADMISSION AND GIVEAWAYS!



SUN CITY  
LINCOLN HILLS

965 ORCHARD CREEK LANE LINCOLN, CA 95648

## Class Index

*Below are a list of classes that are offered. Please see the page number to learn more about the class.*

AARP Driver Safety Training.....	85	Mixed Media Art Journaling .....	73
Android Smart Phone .....	87	Morning Burst L2.....	99
Arthritis .....	89	Nordic Pole Walking .....	89
Balance & Fall Prevention.....	99	Nutritional Consulting.....	93
Bootcamp .....	99	Oil & Acrylic Painting.....	74
Bowenwork Services.....	89	Parkinson's Indoor Cycling .....	97
Card Making .....	76	ParkinsonWise.....	97
Ceramics.....	75	Pastels .....	74
Choreography.....	82	Pilates .....	95
Clogging.....	77	Private Reformer Training .....	95
Cloud Storage .....	85	Produce with a Purpose.....	76
Country Couples Western Dance .....	77	Quilting.....	73
Country Line Dancing .....	78	Re-Start Your Health .....	93
Dance for Life .....	78	Sewing.....	85
Day at the Beach.....	73	Singer Vocal Boot Camp .....	83
Fine Arts Class Gallery .....	73	Sip and Glaze.....	76
Fit 101 .....	97	Sip and Paint.....	74
Functional Fitness L3 .....	99	Stained Glass .....	82
Global Diversification.....	93	Sudoku - Beginning.....	93
Guitar.....	82	Tai Chi - Qigong.....	91
Hula .....	78	Tap.....	82
Iphone.....	87	Tennis Lessons .....	90
Jazz Class .....	79	TGIF TRX & More L2 .....	99
Line Dance .....	79	Training Services .....	95
Meditation Practice.....	91	Watercolor Painting .....	75
Memory .....	93	Wellfit Class Schedule.....	102
Mindful Movement .....	90	Windows 10 .....	85
Mindfulness - Learning to Live Mindfully.....	90	Yoga - Laughter .....	91
Mindfulness Weekend Retreat.....	90	Zumba with your Grandkids .....	89



## Not All Home Care is Alike

Home Care Assistance Provides the Industry's Best Caregivers!

- Our **Cognitive Therapeutics Method™** keeps aging minds engaged through research-based activities designed to improve mental acuity and slow symptoms of mild to moderate cognitive decline.
- Our **Balanced Care Method™** is a holistic program that promotes healthy diet, physical exercise, mental stimulation, socialization and a sense of purpose.
- Our **Hospital to Home Care** program is designed to ensure a smooth recovery at home after a medical incident.



**Debbie Waddell**, Co-Owner and Director of Client Care. Call me today to find out many other ways we differ from the rest!



Let's talk. **916-226-3737**  
[HomeCareAssistancePlacerCounty.com](http://HomeCareAssistancePlacerCounty.com)  
 HCO #314700010

## Try GENIUS™ 2.0 Technology by Miracle-Ear® Featuring Our BEST SOUND QUALITY EVER. No Batteries to Change.

INCLUDES THE FOLLOWING GENIUS™ 2.0 FEATURES:

- **Inductive Charging** fully integrated RIC design delivers 24-hours of performance with unlimited streaming—all on a single charge!
- **Speech Isolation** reduces background noise, focuses on the direction of the speaker and elevates the most important speech over all other sounds.
- **Music Master** allows you to enjoy music to its fullest. Listening at home, at a concert or performing on stage, there's a setting that's best for you!
- **Phone Surround** improves speech understanding while on a phone.



**SAVENOW!**

Trade in, Trade up!

And Receive

**\$2000 OFF**

Valid at participating Miracle-Ear® locations only. Limit one coupon per purchase. May not be combined with other offers and does not apply to prior sales. Offer valid on ME1, ME2. Cannot combine with any other offers. Cash value 1/20cent. OFFERENDS03/31/2017

Hearing aids do not restore natural hearing. Individual experiences vary depending on severity of hearing loss, accuracy of evaluation, proper fit and ability to adapt to amplification. \*Our hearing test and video otoscopic inspection are always free. Hearing test is an audiometric test to determine proper amplification needs only. These are not medical exams or diagnoses nor are they intended to replace a physician's care. If you suspect a medical problem, please seek treatment from your doctor.

©2017 Miracle-Ear, Inc.

Call and Schedule your **FREE HEARING EVALUATION\***

985 Sun City Lane  
Suite 100

**(916) 209-3443**

[www.Miracle-Ear.com](http://www.Miracle-Ear.com)

16390R0A

# Dr. Jon

Jonathon Vongschanphen, DDS, LVIF  
**Cosmetic, Family, & Implant Dentistry**



"Dr. Jon is by far the cleanest, friendliest, experienced, and patient oriented dental office that I've ever seen. It's actually a pleasure to go to the dentist...FINALLY!!!" ~ Karen

2295 Fieldstone Drive, Suite #230 Lincoln, CA | 916.435.2800 | [DrJonDDS.com](http://DrJonDDS.com)  
[www.facebook.com/drjondds](http://www.facebook.com/drjondds)  
 Lic. #GSD01636





## ENVIRONMENTAL

HEATING & AIR SOLUTIONS

[www.EHASolutions.com](http://www.EHASolutions.com)

- Heating and Air Maintenance
- Heating and Air Replacement
- Air Duct Cleaning • On-demand Water Heaters
- Plumbing • Insulation
- Indoor Air Quality
- Custom Installation of Units

**\$59 Tune-up  
For A/C  
Or Furnace\***

**\$50 Off  
Any  
Repair\***

\*Cannot be combined with any other offers

8417 Washington Blvd., Suite 170, Roseville, CA 95678

# (916) 780-HEAT [4328]

License #: 958237

**Betty Maxie**  
Lifestyle Class Coordinator  
Betty.Maxie@sclhca.com



Register at the Lifestyle Desk (OC/KS)  
or online at SCLHResidents.com

## Classes

### Vacation Drop-In

Drop-in sessions are available to accommodate your vacation plans! Drop-in sessions are for current students able to work independently but unable to attend class full-time. Sessions are held in conjunction with ongoing regular classes. Space is on a first-come, first-served basis with in-person enrollment allowed only on the day of the class. Students must check with the instructor prior to registration for space availability and class **prerequisite**. The class article notes if a drop-in is accepted. **Prerequisite:** Must have completed at least one month of class instruction. Drop-in sessions are not for first-time students/beginners offering limited guidance from the instructor.

### Summer Fun with Your Grandkids!

*Learn with your grandkids and share quality fun times with them this summer. Lifestyle and WellFit departments have put together classes to create a memorable summer vacation together. Each class is different and has their own requirements, so we thank you for reading the descriptions thoroughly prior to registration. All classes require a grandparent to be enrolled in the class. Enroll early for best options as space is limited. Register for all classes at Lifestyle Desk and Online unless otherwise specified.*

### Tap! Tap! Tap! with Alyson Monday, July 9 — LSC1549

11:00 AM to 12:00 PM (KS). \$8 per student. Instructor: **Alyson Meador**. Share the fun of tapping with your grandkids taught by one of the best tap instructors in the area. Alyson will teach starting basics of tap dance and some fun combinations that everyone can learn. You will be smiling, moving, and creating some great rhythms by the end of class! Tap shoes optional. **Age prerequisite:** 6 years and up.

### Kiddie Card Making with Dottie Tuesday, July 10 — LSC1551

9:00 AM to 12:00 PM (KS). \$10 per student. Instructor: **Do ie Macken**. You and your little one will create two blank cards perfect for the season. All supplies will be provided, just bring your enthusiasm and creativity. **Age prerequisite:** 10 years and up.

### Yummy Healthy Cooking with Kerin Monday, July 9 — LSC1553

1:00 to 3:00 PM (KS). \$30 per adult, \$20 for 1st child, \$10 each additional child. Instructor: **Kerin Gould, Ph.D.** Instill the love of cooking with your grandchildren. Kerin will make cooking exciting and healthy food yummy! Participants will learn basic cooking skills and prepare a veggie recipe and a Seasonal Fruit Crisp with Topping using farm-fresh fruits. We will eat together at the conclusion of class and recipes will be provided. Students are required to bring some supplies to class to ensure hands-on participation; list available from Lifestyle desk and online. Class can get messy, please dress accordingly. **Age prerequisite:** 7 years and up.



### Hula with Pam Thursday, July 12 — LSC1546

11:00 AM to 12:00 PM (KS). \$8 per student. Instructor: **Pam Akina**. Get ready for those Hawaiian parties! Learn

basic hula moves to classic Hawaiian music and the wonderful tradition and history of the dance. Traditional Hawaiian snacks will be served after the class. **Age prerequisite:** 5 years and up. Age of grandkid/s needed at the time of enrollment.



### Sip & Paint with your Grandkids: Owl at Sunrise Thursday, July 12 — LSC1550

1:00 to 4:00 PM (OC). \$45 Adult; \$25 Child. Instructor: **Unni Stevens**. Enjoy a fun and creative afternoon painting.

Each participant will receive an under painted 12"X16" canvas to create their masterpiece while sipping lemonade and nibbling cookies and fruits. Step-by-step instruction, acrylic paint supplies and lessons on color mixing and brush strokes will be provided during class. All art supplies and snacks included in the cost. No art experience required. **Age prerequisite:** 9 years and up.

Let Us Serve You With A View

# Meridians

Restaurant & Bar



Bring your Dad for a delicious  
all you can eat buffet!

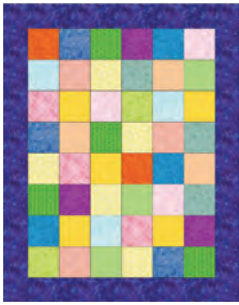
**\$26.99**  
*plus tax and gratuity*

*Sunday, June 17th*  
*11am-3pm*

*Reservations and Pre-Payment Required*

965 ORCHARD CREEK LN. | LINCOLN, CA. | 916.625.4040





**Grandma and Me –  
The Art of Quilting  
Friday and Saturday,  
July 13 & 14 — LSC1554**

1:00 to 3:30 PM (Friday); 9:30 AM to 12:00 PM (Saturday). OC. \$45 per child. Additional \$20 per supply kit fee due at class. Instructor: *Be y Kisbey*.

Introduce your grandkids to appreciate the art of quilting. A simple kit for a 36" X 42" quilt top will be pre-cut and ready for sewing in a supportive environment. Grandparent must review with the child the use of sewing machine prior to class and must provide direct supervision at all times during class with the use of all equipment including iron and cutting equipment. **Participants must bring their own sewing machine and basic sewing supplies.** Pick up Supply list from Lifestyle desk or Online. **Age prerequisite:** 8 years and up (one child per adult). Child must exhibit good motor coordination, able to use scissors and iron safely and know the safety rules of using the sewing machine.

**Zumba with your Grandkids  
Monday, July 16**

2:30 to 3:30 PM, Aerobics Room (KS). See page 89 for more information.

**Line Dance Fun with Yvonne  
Thursday, July 19 — LSC1555**

11:00 AM to 12:00 PM (KS). \$6 per person. Instructor: *Yvonne Krause*. Get those body moving while spending quality time with your grandkids. Yvonne will have everyone in the class learn a complete line dance number with simple steps on a popular country tune. It will be a lot of fun! **Age prerequisite:** 5 years and up.



**A Day at the Beach  
Thursday, July 26 — LSC1556**

9:00 to 10:00 AM (KS). \$10 per child. Additional \$10 Supply fee is due at class. Instructor: *Lily Ross*. Join us for *A Day*

*at the Beach with Kindermusik!* Get ready to imagine alongside your grandchild and wiggle your toes in the sand, scuttle like a crab, and listen to the surf roll in. We will experience the sights and sounds found at the beach through songs, exploring instruments, dancing, and story time. Each child will receive a *Beach Days* CD, and beach ball to keep the fun going at home! **Age prerequisite:** Ages 0–7.

## Art

### —Announcement—



### Fine Arts Class Gallery

Fine Arts Room (OC). The Lifestyle Department, in cooperation with Lincoln Hills art instructors and their students, welcome all residents and their guests

to stop by the Fine Arts Room to view wonderful artworks. The gallery will feature a revolving display of artworks from Marilyn Rose's Oil & Acrylic classes and Pastels and Watercolor paintings from Michael Mikolon's class. Come by anytime an art class is in session to view the works and watch the class' creative process in action.

### —Drawing—



**Mixed Media Art Journaling  
Tuesdays, June 12 & 26 — LSC897**

9:00 AM to 12:00 PM (OC). \$45 (two sessions). Plus, \$5 Supply fee paid to the instructor. Instructor: *Kerry Dahlin*. A variety of media will be used as we "play" on the pages of our art journals. Learn how to visually and artistically record your days and express yourself while exploring color theory, composition, balance, and texture. You will love creating interesting, interactive mixed media pages in a journal that is uniquely you. Supplies needed: mixed media spiral-bound artist paper pad, glue stick, scissors, small paint brush, Sharpie pen, white gesso, plus any of your favorite mixed media supplies.

## Pat's Medical Insurance Counseling

- Medicare, Medicare Supplement, HMO and Part D Information
- Medicare, Supplement and Under 65 Claims Management
- Assist with Billing Issues
- Patient Advocate
- I Do Not Sell Insurance
- Free Phone Consultation
- Senior Resources



pat@patstoby.com • Since 1977  
www.patsmaterialinsurancecounseling.com

Pat Johnson  
(916) 408-0411  
Lic. #95736

—Oils, Pastels & Acrylics—

Pastels for All Levels with Michael Mikolon is moving to Thursday afternoon class from 1:00 to 4:00 PM, joining the Watercolor Class. See page 75.



**Oil and Acrylic Painting: Beginner/Refresher**  
**Wednesdays, June 6-27**  
 — **LSC963**

1:30 to 4:00 PM (OC). \$52 (four sessions). Instructor: *Marilyn Rose*. Have you always wanted to try painting in oil or acrylic or

want a refresher? Start with exercises in basic color mixing and brush and paint handling, followed by simple form creation plenty of discussion, demonstrations, and paint-along exercises to help you get comfortable. Minimal investment in materials. Note: intermediate and advanced students are welcome to take this class and work on their own with minimal guidance. For more information contact Marilyn at 916-409-0397. Supply list – Beginning Class – available at the Lifestyle Desk. Vacation drop-in: PAINT — \$17 per session.



**Oil and Acrylic Painting: Intermediate/Advanced**  
**Wednesdays, June 6-27**  
 — **LSC954**

9:00 to 11:30 AM (OC). \$52 (four sessions). Instructor: *Marilyn Rose*. Have you painted in the past and want to get back into it? Do you paint now and want some

congenial company and tips to improve? Receive expert guidance in creating original paintings of your choice. Demonstrations, masterwork examples, and individual instructions are used to advance student understanding and implementation of techniques. About the Instructor: Marilyn has over 25 years painting experience. For more information contact Marilyn at 916-409-0397 or see her website at [www.artistmarilynrose.com](http://www.artistmarilynrose.com). Supply list – Intermediate-Advanced Class – available at Lifestyle Desk. Vacation drop-in: PAINT — \$17 per session.

**Sip and Paint: “Koi Fish”**  
**Friday, May 25 — LSC907**  
**Sip and Paint: “Lavender Field”**  
**Or Friday, June 22 — LSC909**



5:00 to 8:00 PM (OC). \$55. Instructor: *Unni Stevens*. Enjoy cheese and wine while painting. This class is great for first-timers and seasoned artists alike. Paint a finished acrylic painting in one day, with step-by-step instruction. Learn how to mix colors, brush stroke, and pallet knife techniques. All supplies are included. Canvases are under-painted and ready to hang. Fee includes a glass of wine, and a selection of cheese, crackers, and fruits. About the Instructor: Artist Unni Stevens studied art in Norway, Japan and at the Laguna College of Art with 30+ years of painting experience. More information at [www.unniart.com](http://www.unniart.com).

**DODGE ELECTRIC**

**Stephen Dodge**  
Over 35 years experience

SCLH  
Resident  
Discount

**916-626-9190**

Security Lighting • Ceiling Fans • Recessed Lights  
 Dryer Circuits • Golf Cart Circuits • LED Lighting

Free Estimates • Cont. Lic. #964034

**CM Ponds & Stuff**  
**CHUCK COTTAM**

Ph: 916-408-7474  
 Cell: 408-691-6431  
 Email: [cottamcm1@aol.com](mailto:cottamcm1@aol.com)

302 Sunnyside Court  
 Lincoln, CA 95648

License # 675667  
 USAF MSGT Retired

**Fish Pond Builder**  
**20 Years Experience**

## —Pastels &amp; Watercolor—

**Art Classes with Michael Mikolon**

Michael Mikolon, an accomplished artist and art instructor in the Downtown Sacramento area, delivers a class geared for all skill levels. Beginner and advanced students learn various pastel and watercolor approaches and techniques in an encouraging and fun environment! Each student will be given individual instructor attention at their level and chosen art medium. Class begins with a live demonstration followed by one-on-one instruction. This course will focus on materials and painting technique, color theory and mixing fresh/vibrant color with the use of a well-organized palette. Learn to create your own voice in art! Choose the schedule that works best for you.

**Watercolor Class****Wednesdays, June 6-27 — LSC651**

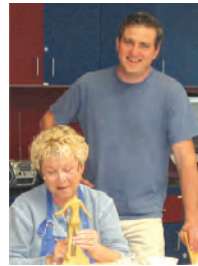
5:30 to 8:30 PM (OC). \$60 (four sessions).

Instructor: *Michael Mikolon***Pastel and Watercolor Combo Class****Thursdays, June 7-28 — LSC633**

1:00 to 4:00 PM (OC). \$60 (four sessions).

Instructor: *Michael Mikolon***Ceramics**

## —Pottery—

**Beginning/Intermediate Ceramics**  
**Tuesdays, June 5-26 — LSC679**

1:00 to 4:00 PM (OC). \$54.00 (four sessions). Instructor: *Jim Alvis*. An introductory class for residents who have never worked with clay, and continuing students who want to continue to develop their skills.

This course covers basic hand building and wheel throwing techniques, with demonstrations of both craft and sculpture projects. First-time students will be provided clay and may use instructor's tools to create their first art piece. Supply list provided at first class. Vacation drop-in: CERD1 — \$17 per session.

**Advanced Ceramics****Tuesdays, June 5-26****— LSC785**

9:00 AM to 12:30 PM (OC). \$54 (four sessions).

Instructor: *Jim Alvis*. This class is for self-motivated students/artists with established ceramic skills. Students explore their craft and sculpture projects



**Don's Awnings, Inc.**  
(916) 773-7616  
Roseville, CA Lic. #408203

- Best Quality Products & Expert Installation
- Locally Owned & Operated for Over 35 Years
- Member BBB



Retractable Awnings



- Motorized Sun Shades & Awnings
- Offering *Elitewood Ultra Lattice Series* with Lifetime Guarantee
- Drop Shade Cleaning & Maintenance
- Service & Repair All **Eclipse Retractable Awning Products**

Lattice Covers



Solid Covers & Drop Shades



More info on products—[www.donsawnings.com](http://www.donsawnings.com)

## Know how the tax rules change for Senior Taxpayers



The tax law has certain requirements and tax breaks that apply just to senior taxpayers. Being familiar with these rules could cut your taxes or prevent tax penalties. These rules include:

- A higher standard deduction at age 65
- A requirement to take out a certain portion of your retirement holdings every year once you reach age 70½, or face a 50% penalty
- A requirement to make quarterly tax estimates once tax withholding from wages ends (at certain income levels)

For details and other tax-cutting assistance, contact:

**Carolyn J. Riolo**  
Certified Public Accountant  
(916) 771-4134



1227 Pleasant Grove Blvd., Suite 100, Roseville CA 95678

with guidance from the instructor. The course includes demonstrations, assignments, group discussion, and constructive critique. Vacation drop-in: CERD3 — \$17 per session.



### Ceramics for All Levels

This class is for all levels of ceramics, beginners to advanced. Students are encouraged to explore many of the creative and functional approaches to handling built and wheel thrown ceramics. The class is tailored to each person's interests and personal expression. Each class includes assignments, demonstrations, and individual instruction from artist Instructor Taylor Jackson. New students are asked to bring clay and will be provided a materials list at the first class.

#### Thursdays, June 7-28 — LSC1557

9:00 AM to 12:00 PM (OC). \$54 (four sessions).

Instructor: *Taylor Jackson*

#### Thursdays, June 7-28 — LSC806

1:00 to 4:00 PM (OC). \$54 (four sessions).

Instructor: *Taylor Jackson*



### Sip and Glaze – Summer Ceramics

#### Friday, June 22 — LSC1547

4:00 to 8:00 PM (OC) \$30. Plus \$20 material fee payable to instructor.

Instructor: *Janie Chlubna*. In

cooperation with The Ceramic Arts Group, we invite you to a Summer Sip and Glaze class. Learn the fine art of glazing a fun earthenware piece with a delightful selection of colors and finishes. All supplies are included (choice of earthenware piece (1), glazes, brushes, firing service). During the class, Janie Chlubna, our instructor, will show you how to create a very personal earthenware decoration using fun glazing techniques and materials for a wide array of effects. Wine and snacks will be served while you create your treasure.

## Crafts

### —Card Making—



### Intro to Card Making 101—Level 1 Fridays, June 8-22 — LSC886

9:00 AM to 12:00 PM (KS). \$30 (three sessions). Instructor: *Do ie Macken*. Have you ever wanted to make a greeting card, but you just weren't sure

how to get started? Then this class is for you! This class will teach all of the "ins and outs" of making greeting cards and more. You will be making and taking home with you at least two cards and/or projects at each session. This is a fun three-hour class. Class size is limited, sign-up early to reserve your space. All supplies will be provided.

### Card Making Level 2—Intermediate Mondays, June 4-18 — LSC862

9:00 AM to 12:00 PM (KS). \$30 (three sessions). Instructor: *Do ie Macken*. **Prerequisite:** Completion of at least three-to-four sessions of Intro to Card Making 101—Level 1, or instructor's approval. This class will build on your card making skills while introducing you to some new and different card making and paper craft techniques. This class is not for beginners. Class size is limited, sign-up early to reserve your space. All supplies will be provided.

### Card Making Level 3—Intermediate/Advanced Wednesdays, June 6-20 — LSC874

9:00 AM to 12:00 PM (KS). \$30 (three sessions). Instructor: *Do ie Macken*. **Prerequisite:** This class will build on your skills from Level 2 offering more complex and challenging projects and paper craft techniques. This class is not for beginners. Class size is limited, sign-up early to reserve your space. All supplies will be provided

### —Cooking—



### Produce with a Purpose Thursday, May 22 — LSC1137 Or Monday, June 25 — LSC1542

4:00 to 6:00 PM (KS) \$45.  
Instructor: *Kerin Gould*,

*Ph.D.* Your doctor told you to eat more produce, but who has the time, energy, knowledge, or inspiration? This class features nutrition information about foods for fighting cancer, diabetes, and other chronic illness, plus easy, plant-centric recipes, cooking tips, sampling, and some farm-fresh, pesticide-free produce to take home. Instructor Kerin Gould, Ph.D. studied natural health but learned more while helping her dad fight cancer. She owns a small farm and writes a column for local newspapers. For more back-story see <http://producewithapurpose.wordpress.com>. Class fees include cooking instruction, farm-fresh produce, and demonstration materials.

## Dance

### —Clogging—

*Dance your way to better balance, unclogged arteries, better muscle memory and that all-important mental memory. Not only is clogging a vigorous, rhythmic, energetic dance form, but it is also a whole lot of fun that helps improve quality of life. Join us in any of the clogging classes below that fit your skills.*



#### Beginning Clogging

**Tuesdays, June 5-26 — LSC976**

10:00 to 11:00 AM (KS). \$28 (four sessions). Instructor: **Janice Hanzel**. Start a new passion! Join this new Beginners class, a low impact, revamped foundation

and fundamental class. The class will move through, at a relaxed pace, the eight basic traditional clogging movements, while developing skills of the foundations of clogging. Special attention will be paid to balance skills. No special shoes required; flat-soled shoes recommended.

#### Easy-to-Intermediate Clogging

**Tuesdays, June 5-26 — LSC603**

11:00 AM to 12:00 PM (KS). \$28 (four sessions). Instructor: **Janice Hanzel**. **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Class features review of steps from previously learned dances. We will also learn new dances, easy to intermediate, from recent workshops and conventions. Come join the fun. All levels encouraged to participate. Vacation drop-in: CLOG1 — \$10 per session.

#### Intermediate Plus Clogging

**Tuesdays, June 5-26 — LSC627**

12:00 to 1:00 PM (KS). \$28 (four sessions). Instructor: **Janice Hanzel**. **Prerequisite:** Instructor approval. Students are strongly encouraged to take the 11:00 AM class. Challenge yourself with higher level clogging. Review steps from some of the Intermediate level dances we have learned, in addition to learning new steps at a little faster pace. Some dances taught will be created for specific events. This class will move a bit faster this year and will get into more intermediate level dances. Vacation drop-in: CLOG2 — \$10 per session.

### —Country Western Dancing—

#### Country Couples Western Dance

**Beginner Level 1 & 2**

**Mondays, June 4-25 — LSC659**

7:00 to 8:00 PM (KS). \$24 (four sessions). Instructors: **Jim & Jeanie Keener**. Western dancing is done to many types of music, country being the most popular. Many of



the dances are done in circles, including some of the dances at mixers. Instruction will be at a slower pace for beginners.

#### Country Couples Western Dance

**Beginner/Intermediate Level 3 & 4**

**Mondays, June 4-25 — LSC798**

6:00 to 7:00 PM (KS). \$24 (four sessions). Instructors: **Jim & Jeanie Keener**. **Prerequisite:** Completion of Beginner level Country Couples for at least six months. After you have completed your Country Couples Beginner Class, join us for a fun-filled hour of more challenging beginner dances and some easier intermediate dances. You have learned some of the basics; now it's time to add a few more steps and turns. This month we will be teaching "Sleeping Child" and a new dance to be announced in class.

**GRIFF'S**  
**JOHNNY ON THE SPOT!**  
 CARPET CLEANING  
 TILE & GROUT CLEANING



**LINCOLN HILLS RESIDENT**

**IICRC Certified • Licensed • Insured**

**Three rooms of  
 carpet cleaning for only \$69**

**FREE ESTIMATES 916-290-2550**

Biggest truck-mounted unit for hot water extraction  
 High efficiency & faster drying

Lic. #5589

**Country Line Dancing**  
**Fridays, June 1-29 — LSC693**

3:00 to 4:00 PM (KS). \$30 (five sessions). Instructors: *Jim & Jeanine Keener*. This class is a mixture of beginner, high beginner, and intermediate dances. It features the popular "old" line dances that are done at country dances around the area.

—Dancing with Dolly—



**Dance for Life!**  
**Instructor: Dolly Schumacher**  
 "Dance for Life" is a class designed for seniors who love music and what it does to them emotionally and physically. Using the Ballet Barre, the class begins with warming exercises. Gentle stretching awakens the body as we move onto balance exercises and coordination patterns to stimulate the mind to body connection. Students will gain flexibility and strength while using dance moves. The last half hour of class is devoted to a simple dance choreographed to incorporate the steps learned. A different style of dance is introduced weekly: Cha-Cha, Character, Rock n Roll, Disco, Pop, Soft Shoe, and Lyrical. Wear comfortable clothes with either Ballet or Jazz shoes. Join this friendly non-competitive atmosphere, where dance is fun, energizing, and empowering.

**Beginning Dance for Life**  
**Thursdays, June 14-28 — LSW14**

5:00 to 6:30 PM (Aerobics Room, OC). \$37.50 (three sessions).  
 Instructor: *Dolly Schumacher*.

**Dance for Life Intermediate**  
**Fridays, June 1-29 — LSW28**

3:30 to 5:00 PM (Aerobics Room, KS). \$60 (five sessions).  
 For the dancer who loves to perform!  
 Instructor: *Dolly Schumacher*.

—Hula—



**Hula Basics**  
**Thursdays, June 7-28 — LSC710**  
 12:00 to 1:00 PM (KS). \$16 (two sessions No class June 14 & 21).  
 Instructor: *Pam Akina*. Learn and practice basic hand and foot motions which are foundational to hula. Mandatory for new

students of hula and beneficial for experienced dancers. Essential hula terms, cultural and historical information is taught. This class may be taken alone or in conjunction with a regular Hula class. Please contact Pam prior to the first class at pamahoa@hulapono.com or 916-521-0474.

**Hula Intermediate**  
**Thursdays, June 7-28 — LSC1009**

1:00 to 2:00 PM (KS). \$16 (two sessions No class June 14 & 21). Instructor: *Pam Akina*. Continue your study of Hula in this ongoing class for dancers of all experience and skill levels. Traditional steps and motions are taught as well as relevant historical and cultural information surrounding each of the dances. Hula is good for the mind, body, and spirit! Performance techniques are also shared, and occasional performance opportunities are available for students. Vacation drop-in: HULA — \$14 per session.



## Social Day Care Center for Seniors

Expert care in Alzheimers and other types of dementia.

Trusted & Caring

6011 Stanford Ranch Rd.  
 Ste. 105, Rocklin CA 95765

(916) 899-6166

daycationforseniors.com

Mon–Fri 8 am–5:30 pm

Lic. #012733

- Providing care for seniors who need assistance or supervision during the day.
- Provides respite to caregivers.
- Affordable, less than 1/2 the cost of in-home care
- Offering a variety of fun & social activities

**FULL-TIME CARE MONTHLY COST**

Daycation	In-home care	Assisted Living	Memory Care
\$1,960	\$4,320	\$6,000	\$8,000

"Daycation" - Clearly the Most Economical

We welcome participants with different degrees of cognitive and physical decline including dementia & parkinsons.

## —Jazz—

**Jazz Class for the Beginner****Thursdays, June 7-28 — LSC658**

11:00 AM to 12:00 PM (KS). \$32 (four sessions). Instructor: *Melanie Greenwood*. This class will leave your mind, body, and spirit feeling empowered and energized. Different styles of Jazz will be demonstrated. You will leave with a smile on your face and a love of jazz dancing in your heart. About the Instructor: Melanie started teaching at the age of 16. Her choreography has been on the Main Showrooms of Las Vegas, Lake Tahoe, and Disneyland to name a few, as well as TV and video. Vacation drop-in: JAZZ1 — \$13 per session.

**Jazz Performance****Tuesdays, June 5-26 — LSC673**

1:00 to 2:00 PM (KS). \$32 (four sessions). Instructor: *Melanie Greenwood*. Not open to new students. Must have instructor approval to register. The current class is in the midst of preparing for a performance. The class is geared toward stage performances throughout the year. Vacation drop-in: JAZZ2 — \$13 per session.

## —Line Dance—

We offer various levels of Line Dance classes taught by three different instructors. Choose the skill level, schedule, and instructor that best fits your needs. Below are the instructors and classes listed in order of difficulty.

**Line Dance—Easy Beginner**

If you have taken an Introduction to Line Dance Class and want to move up to Line Dance I Beginner level, this is the class for you. This is a transition between the introduction level and the regular beginner level. The dances are easy and fun. You will continue to perfect your basic steps and learn some new ones in the process. Ultra dances, as well as Easy Beginner dances, will be taught with an emphasis on the terminology of line dancing.

- **Thursdays, June 7-28 — LSC738**  
10:00 to 11:00 AM (KS). \$24 (four sessions). Instructor: *Yvonne Krause-Schenck*
- **Fridays, June 1-29 — LSC994**  
2:00 to 3:00 PM (KS) \$30 (five sessions)  
Instructor: *substitute Jeanie Keener*

Family Owned and Operated for 25 Years

ROSEVILLE, CA  
Est. 1975

AUTOS PICK-UPS VANS FOREIGN & DOMESTIC

**J & J**  
BODY SHOP

Lic. #800158

3 FRAME RACKS WITH MEASURING SYSTEM  
3 EXCLUSIVE DOWN-DRAFT SPRAY BOOTHS

FREE ESTIMATES INSURANCE WORK  
Free Shuttle for Sun City Residents

**783-5552**  
FAX: (916) 783-5576  
50 DARLING WAY AT RIVERSIDE, 1/2 MILE NORTH OF I-80

## Use Your Guest Bedroom For More Than Just Your Guests!

Over 1500 SCLH Installations

Only 16" deep when closed  
Folds down in just seconds to a comfortable bed with a REAL mattress  
More comfortable, easier to use and takes up less space than any sofa bed, futon or blow-up air mattress

Minimum inconvenience, 1 Day Installation

See how easy it is to raise & lower and listen to what your SCLH neighbors have to say at: [www.easywallbed.com](http://www.easywallbed.com)

Visit our Showroom or CALL for a FREE In-house Consultation!

**(916) 258-7564****\$250 OFF**

Your next organizational project  
(\$1000 minimum)

**THE CLOSET DOCTOR**  
The Cure For The Common Space

CA 757092

Flocchini Circle • #200 • Lincoln, CA

**Quality Flooring & Installation  
at Outstanding Prices**

**Carpet Discounters & More**

*We Specialize In Great Service*

- Carpet
- Hardwood
- Laminate
- LVT • Vinyl



SCLH Residents

**FREE  
Estimates**

Mon-Tues 10am-4pm  
Weds-Thurs 10am-5pm  
Fri 10am-2pm  
**OR by Appointment**



**(916) 784-3727**

931 Washington Blvd., Ste 111 • Roseville, CA 95678

[www.carpetdiscountersstore.com](http://www.carpetdiscountersstore.com)

Licensed, Bonded & Insured CA Contr. Lic. No. 830649

*Denzler Family Dentistry*

*New Patients Welcome*

- General & Cosmetic Dentistry
- Preventive & Hygiene Care
- Implant Dentistry
- Crowns & Bridges
- Porcelain Veneers
- Root Canal Therapy
- Dentures & Partials
- Emergency Care
- Friendly & Caring Atmosphere



Paul Denzler, DDS

*General & Esthetic Dentistry*

Insurance, Credit Cards, Payment Plans Acceptable  
Digital X-Rays, Private Computerized Treatment Rooms,  
Senior Discounts

**(916) 645-2131**

[www.mylincolndentist.com](http://www.mylincolndentist.com)

588 First Street (Corner of First & F Street)

**TRUST YOUR ACHING FEET TO THE  
CARING HANDS OF DR. KELLER, DPM**



Dr. Brian P. Keller, DPM

**ON SITE X-RAY &  
DIAGNOSTIC ULTRASOUND**

- Ingrown Nails
- Heel Pain
- Bunion Surgery
- Custom Arch Support
- Corns & Callouses
- Sports Injuries
- Diabetic Foot Care
- Plantar Fasciitis
- Hammertoes
- Flat Feet
- Diabetic Shoes
- Fungus Nail Treatment
- Nail Care

**916 434-6410**

**LINCOLN PODIATRY CENTER**

841 Sterling Pkwy., Suite 130 • Lincoln

Lic. #FSD01063

**ROBERTSON  
LAW GROUP**

Trust & Estate Attorneys

Formerly Robertson | Adams

*Our Clients are Our Specialty!*

WILLS & TRUSTS, PROBATE, CONSERVATORSHIPS  
TRUST/ESTATE ADMINISTRATION, LITIGATION  
SPECIAL NEEDS TRUSTS



Juliette T. Robertson \*  
Principal Attorney



Michelle A. Martin \*  
Senior Associate  
Attorney

\*Certified Specialist, Estate Planning, Trust & Probate Law



458 McBean Park Drive  
Lincoln, CA 95648

Tel: 916.434.2550 - Fax: 916.434.2551

[www.RLgprobate.com](http://www.RLgprobate.com)



### Line Dance —Beginner

**Prerequisite:** This class is not for newbies, students must have completed the Intro level and have mastered basic line dance steps, movements, and dances. Beginner dances will have more turns and combinations of steps, sometimes to faster music. Beginner dances will be taught, at the teacher's discretion.

- **Mondays, June 4-25 — LSC725**  
9:00 to 10:00 AM (KS). \$24 (four sessions).  
Instructor: *Yvonne Krause-Schenck*
- **Thursdays, June 7-28 — LSC736**  
2:30 to 3:30 PM (KS). \$24 (four sessions).  
Instructor: *Audrey Fish*

### Line Dance—High Beginner/Improver Class

This level is a great way to help experienced beginners improve their skills and learn more complex dances. Dances will range from High Beginner to Improver dances, with students developing movements and steps that are beyond the basic beginner level. Various rhythms and tempos will be taught reflecting different timing and styling. High Beginner/Improver dances will be taught, at the teacher's discretion.

- **Mondays, June 4-25 — LSC912**  
5:00 to 6:00 PM (KS). \$24 (four sessions).  
Instructor: *Audrey Fish*
- **Wednesdays, June 6-27 — LSC654**  
9:00 to 10:00 AM (KS). \$24 (four sessions)  
Instructor: *Substitute: Dennis Dawson*

### Line Dance—Easy Intermediate Class

**Prerequisite:** The dances taught in this class are more involved than High Beginner/Improver and a lot easier than Intermediate/Advanced. Great music with less challenging dances. Easy Intermediate will have steps from the previous class descriptions and more, with easy tags and restarts. Easy Intermediate dances will be taught, at the teacher's discretion.

- **Wednesdays, June 6-27 — LSC681**  
10:00 to 11:00 AM (KS). \$24 (four sessions).  
Instructor: *Substitute: Dennis Dawson*

### Line Dance—Intermediate/Advanced Class

Dances will be taught at a faster pace to a smaller group of dancers who are eager to push the boundaries and challenge themselves, learning newly choreographed dances that are voted popular on the world line dance surveys. If you have a good foundation and are comfortable with easy, intermediate dances, you will be able to master these

dances. Come and join this enthusiastic group and see how much fun you can have!

- **Thursdays, June 7-28 — LSC637**  
3:30 to 4:30 PM (KS). \$24 (four sessions).  
Instructor: *Audrey Fish*

### Line Dance Instructors

#### • Audrey Fish

Audrey has been teaching at Lincoln Hills since November 2000. She loves teaching line dance because it's such great physical and mental exercise. "It makes me happy to see the joy this class brings to my students as well as watching them progress and feeling proud of their accomplishments."



#### • Sandy Gardetto

Sandy is an excellent line dance instructor, with over 15 years of experience. She has been trained in all disciplines of dance since she was eight years old. To encourage people to sign-up for her classes, she has simplified her Beginner Class (LD I) as well as her High Beginner/Improver Class (LDII). She is also offering an Easy Intermediate Class for those who want easier dances with great music. \*Vacation Drop-in offered for all her classes - \$10.



#### • Yvonne Krause-Schenck

A Lincoln Hills resident, Yvonne started dancing at an early age and has been line dancing since the 90's. She loves to teach and finds joy in seeing her students' progress. She thinks it is so important to keep moving and stay healthy as we age and line dancing provides that opportunity in a fun way.



**L&D HANDYMAN SERVICES**  
**LENNY 916.622.7544**

L&D HANDYMAN SERVICES

✓ FENCING, PAINTING  
✓ GUTTER CLEANING  
✓ PRESSURE WASHING  
✓ YARD WORK  
✓ HOUSEHOLD REPAIRS



**AND MUCH MORE!!!**

## —Tap—

**Tap Classes with Alyson**

Enjoy tap classes, make new friends, and challenge your mind and body. Alyson Meador is a highly accomplished educator in the art of tap dance whose successes as a choreographer and mentor have brought her a great deal of prestige and recognition. As the daughter of a Radio City Rockette and an Arthur Murray ballroom instructor, her exposure to the dance world was inevitable. She has been instructing for over 30 years. She is currently the Artistic Director of the Leighton Dance Project Tap Company and has served the Lincoln Hills community since 2000.

**Beginning Tap**

**Mondays, June 4-18 — LSC770**

11:00 to 12:00 PM (KS). \$27 (three sessions). If you have never taken a tap class, or have less than six months experience, this is a class for you. You will be taught the basic tap skills to build a solid basic level of technique (shuffles, flaps, cramp rolls Irish, shuffle ball change, etc.). Basic fundamental music skills will also be introduced. Students will learn unique combinations using these tap fundamentals, and learn parts of the "Soft Shoe" the "Waltz Clog" and the "Shim Sham."

**Choreography**

**Thursdays, June 7-21 — LSC803**

11:00 AM to 12:00 PM (KS). \$27 (three sessions). Instructor: *Alyson Meador*. This class prepares students for stage performances.

**Technique**

Learn and hone your tap techniques through fun musical exercises. Instructor: *Alyson Meador*.

- **Tuesdays, June 5-19 — LSC838**  
10:00 to 11:00 AM (KS). \$27 (three sessions).
- **Thursdays, June 7-21 — LSC850**  
10:00 to 11:00 AM (KS). \$27 (three sessions).
- **Mondays, June 4-18 — LSC759**  
11:00 to 11:50 AM (KS). \$27 (three sessions).

**Glass Art****Stained Glass**

**Mondays, June 4-25 — LSC822**

1:00 to 4:00 PM (KS). \$58. (four sessions). Supply fee: \$10 payable to instructor. Instructor: *Jim Fernandez*. Requirements: No open toe shoes. You will learn the technique of cutting glass, foiling and soldering along with safety and the proper use of equipment.

Create a beautiful butterfly sun catcher, candle holders, and other projects. The class is also open to more experienced students. The instructor will evaluate students' skill level on the first day of class, to recommend a project for the student. Lead glass technique is now available. *About the Instructor:* Jim Fernandez has 27 years of stained glass experience.

**Music**

## —Guitar—



**Guitar 1A—Beginner Level**  
**Wednesdays, June 6-27**

— **LSC885**

8:00 to 10:00 AM (KS). \$48 (four sessions). Instructor: *Bill Sveglini*. **Advisory:** The

class is currently closed to new students.



**Guitar 1B—Continuing**  
**Beginner Level**

**Mondays, June 4-25 — LSC855**

8:00 to 10:00 AM (OC). \$48 (four sessions). Instructor: *Bill Sveglini*. **Advisory:** The class is currently closed to new students.

‘Spring Clean Your Estate’  
with Seasons Law P.C!



Lynn A. Dean  
*Attorney at Law*

WILLS & LIVING TRUSTS  
DURABLE POWER  
OF ATTORNEY  
HEALTH CARE DIRECTIVES  
TRUST ADMINISTRATION  
ELDER LAW & PROBATE  
DOCUMENT REVIEW  
& UPDATES



Tracy Poston  
Shows  
*Attorney at Law*



SEASONS LAW P.C.

An estate planning law firm for life's seasons.

(916) 786-7515

Schedule your appointment, today.

3500 Douglas Blvd. Suite 250  
Roseville, CA 95661  
www.seasonsllaw.com  
license# 00835237




Client-centered. Compassionate Listeners. Experienced Advisors.

**Guitar 2B—Entry to Intermediate Level****Wednesdays, June 6-27 — LSC905**

10:15 AM to 12:15 PM (KS). \$60 (five sessions).  
 Instructor: *Bill Sveglini*. **Advisory:** Class is currently closed to new students.

**Guitar 3—Intermediate****Thursdays, June 7-28 — LSC926**

8:00 to 10:00 AM (OC). \$48 (four sessions). Instructor: *Bill Sveglini*. **Prerequisite:** Instructor's approval. Continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. This class will continue to study more advanced styles of guitar, plus more advanced versions of ensemble playing, duets, trios, and quartets. Questions? Call Bill at 916-899-8383.

**Guitar 4—Advanced****Thursdays, June 7-28 — LSC941**

10:00 AM to 12:00 PM (OC). \$48 (four sessions). Instructor: *Bill Sveglini*. **Prerequisite:** Instructor's approval. Continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. This class will continue to study more advanced styles

of guitar plus more advanced versions of ensemble playing, duets, trios, and quartets. Questions? Call Bill at 916-899-8383.

**Folk Guitar for Fun Folks 101  
Beginner Class****Tuesdays, June 12-26 — LSC1040**

1:00 to 2:00 PM (KS). \$27 (three sessions). Instructor: *Darrell Effinger*. No prior music knowledge or good singing voice necessary! Emphasis is on playing chords to familiar songs

while singing and having fun with fellow guitarists. Folk songs of the 50's, 60's and 70's will be taught. Basic music theory will be shown. How to choose and purchase a guitar and guitar aides will be discussed. *About the Instructor:* Darrell is a long-time teacher, musician, storyteller and folk singer. He was a member of the New Christy Minstrels and toured with Glenn Yarbrough and other artists. Questions? Call Darrell at 916-989-8532.

**Folk Guitar for Fun Folks 102  
Intermediate Class****Tuesdays, June 12-26 — LSC1041**

2:00 to 3:00 PM (KS). \$27 (three sessions). Instructor: *Darrell Effinger*. **Prerequisite:** Knowledge of guitar playing using basic chords while doing a simple strum and singing (no vocal training required). This class is an intermediate class with emphasis on harder chord fingerings; more transitions of chords in songs; different strumming patterns; and various fingerpicking styles used by folk artists. The class can be taken in conjunction with the 1:00 PM Beginning class, as long as the student feels comfortable they have met this prerequisite, and their fingers can withstand the pain! The more, the merrier! Questions? Call Darrell at 916-989-8532.

**—Voice—****Singer Vocal Boot Camp  
Continuation****Fridays, June 2-30 — LSC827**

10:30 AM to 12:30 PM (KS). \$60 (five sessions). Instructor: *Bill Sveglini*. This class will continue to sing special SAT and SATB arrangements that



have been written by the teacher. You will also be working on vocal exercises to increase range and tone quality, as well as warm-up exercises and sight singing exercises specifically written for this class by the instructor.

## 0% FINANCING AVAILABLE \*

- New & Used Sales
- Service
- Parts & Accessories
- Rentals

(916)  
**652-2222**

Lic. #100843

**ELECTRICK MOTORSPORTS, INC.**

3730 Placer Corporate Dr.  
Rocklin, CA 95765

[www.electrickmotorsports.com](http://www.electrickmotorsports.com)

AUTHORIZED DEALER

A Textron Company

\* 0% financing for a limited time only on approved credit

## Donna Judah



Specializing in the Western Placer Area

- Coldwell Banker, Placer County and Lincoln Hills top producer
- Active in Real Estate and Lending for over 34 years
- *I am a former Del Webb sales agent... and I know your home!*

FREE HOME MARKET EVALUATION  
FREE PARTIAL STAGING & VIRTUAL TOURS  
ON A NEW LISTING!

916-412-9190  
djudah@sbcglobal.net



1500 Del Webb Blvd., #101, Lincoln, CA 95648  
CalBRE#00780415

## TAD Executive Fiduciary

"Let our advance worrying become advance thinking and planning."

→ Winston Churchill



Therese A. Adams  
CLPF, Principal

We provide Trustee, Successor Trustee, and Executor services for individuals and couples with complex estate assets and challenging blended family or multi-generational dynamics.

916-409-2330  
adams@thereseadams.com  
TADFiduciary.com

Lic. #GSD00871

Office: 661 Fifth St. Ste 206  
Lincoln, CA 95648  
Mailing: PO Box 850  
Lincoln, CA 95648



## B Z Plumbing Co. INCORPORATED

At Your Service

Superior service and quality workmanship at a fair price for all your plumbing needs

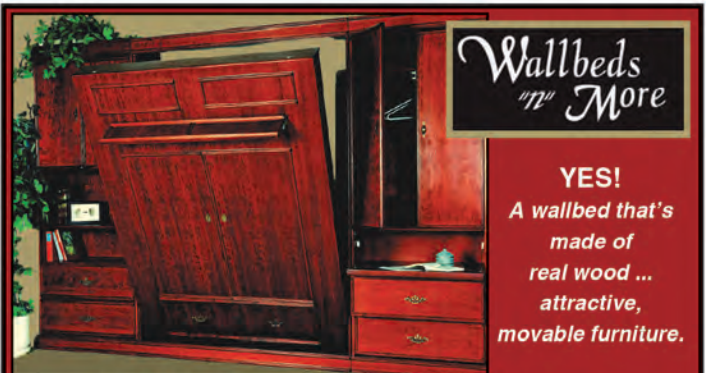
- Repair or replace existing fixtures
- Video camera pipe inspection
  - Install new fixtures
- Sewer & drain cleaning

916-645-1600

www.bzplumbing.com

CONTRACTOR'S LICENSE #577219

ALL WORK GUARANTEED  
Locally owned and operated since 1990



Wallbeds  
"The More"

YES!  
A wallbed that's made of real wood ... attractive, movable furniture.

- Available in a variety of woods, stains and styles
- Largest selection of wallbeds/murphybeds in the greater Sacramento area
- The modern Murphy bed



Also see the amazing desk/bed!

Showroom located at 4415 Granite Drive,  
Rocklin, CA 95677

Showroom hours:  
Mon-Sat 10am-3pm

Call (916)  
**753-4966**

Lic. #11164

www.wallbedsnmore.com

## Personal Improvement

### Two-day class!

#### AARP Driver Safety Training

Wednesday & Thursday, July 11 & 12 — **LSC1541**

9:00 AM to 1:00 PM (OC). Fee \$25 (AARP member) or \$30 (non-member). Instructor: *Tom McMahon*.

This class is geared to the “over 50” driver and covers how to adjust driving to age-related changes in our bodies. Course instruction uses videos, interactive discussions, and workbooks. There are no tests to pass. You must present your AARP membership card at registration and bring it to class to receive the discounted rate, along with a valid driver’s license to receive a Certificate of Completion. This course does not replace Traffic School, nor is it specifically geared to help you pass the DMV driver’s test.

## Sewing

### —Certification—



#### Sewing Certification

Let’s get sewing! Residents must be certified to use any of the sewing machines in the Sewing Room at Orchard Creek. The Association offers

Certification classes for Bernina Serger, Bernina Sewing Machine, and Janome Sewing Machine. Please contact Instructor *Sylvia Feldman* at [sdfeldmans@gmail.com](mailto:sdfeldmans@gmail.com) or 916-543-3403 to schedule your lesson. Lessons are offered once a month. Certification fee: \$15 for each lesson. Enrollment prior to class is required.

## Technology

### —PC—

#### Windows 10 Basics

Tuesday & Wednesday, June 5 & 6 — **LSC1140**

1:00 to 3:30 PM (OC). \$45 (two sessions). Supply Fee: \$10. Instructor: *Rita Wronkiewicz*. If you are new to Windows 10 or you do not feel you’ve mastered it, this class will give you the confidence to use it more effectively and appreciate its new format and features. Rita will show you the basics and how to set up your Windows 10, so it is the most optimum for you. If you have a portable PC, bring it to class and learn with your device. Handout reinforces class work. Questions? Call Rita at 916-543-6962.

## Cloud Storage Made Easy Wednesday, June 12 — **LSC1544**



1:00 to 3:30 PM (OC). \$20. Instructor: *Bob Ringo*. Computer users spend their lives accumulating stuff. Then they find a way to back up their stuff. Most use external hard drives, flash drives, or DVEs. After recent California fires the smarter users rely on cloud storage for their backups. Cloud storage is saving your data to an off-site storage system. If you store your data in the cloud, you will be able to access your data from any location that has Internet access. In this class, you will learn how easy it is to store stuff in free fire-safe cloud storage sites.

# WANTED



WANTED CARS TRUCKS, SUVs

\$\$ I WILL RESPECT YOUR TIME AND COME TO YOUR HOME \$\$

— LES VAN PELT —

916-837-7659

LESVP@PACBELL.NET

16 YEAR RESIDENT OF SCLH  
PRESIDENT LINCOLN HILLS TENNIS GROUP  
RESALE # 102-849-156

## Living Trusts \$695 Complete

**Vic DiMattia, Attorney at Law Ca. Bar #129382**

Mr. DiMattia has created thousands of Living Trusts over the past 25 years and is a prior Sun City Lincoln Hills resident.

**Documents include:**

- Revocable Living Trust
- Transfer of Home into Trust
- Health Care Directive
- Durable Power of Attorney
- Notary Service
- Community Property Agreement
- Pour-over Will
- Home appointment available

Please call **800-775-2698** or **916-824-1700** for a free consultation.

## Affordable Computer Help

PC Help IN YOUR HOME!

- Remove Viruses, Malware, Worms Ransomware
- Printer Setup
- Customized Training
- Wireless Wi-Fi Setup
- All your Computer Help Needs
- **15% Senior Discount**
- Computer Tune-ups
- Speed up your PC
- Friendly Personal Service, E-mail Help
- New PC Setup & Transfer Files

Your Fulltime Computer Specialist

**Jerry Shores 663-4500** Lic. #102828



**Herb Hauke**

License # 490908

## Accu Air & Electrical

**Quality Heating & Air Conditioning Service, Repair and Installation**

**(916) 783-8771**

[www.accuairroseville.com](http://www.accuairroseville.com)  
accuairroseville@yahoo.com

Most Major Credit Cards Accepted

STRUCTURAL **FINDLEY** ORNAMENTAL

**IRON** SINCE 1988 **WORKS**

B - C51 License # 530311 License # 813868

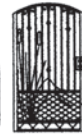
150 Mandarin Hill Rd (off hwy 193) Newcastle, 95658  
look for our Red Dragon on hwy 193 between Lincoln & Newcastle

**(916) Phone: 663 - 1887**

Custom Garden Art  
Garden trellises  
fences



Security



Doors  
Gates

[www.findleyironworks.com](http://www.findleyironworks.com)

**Don't trust your system to a handyman!**

## Brown's Quality Electric

**Residential • Commercial**

- LED Upgrade
- Attic Fans
- New Circuits Added
- Smoke Detectors
- Appliance Hookup
- Security, Track, & Recessed Lighting
- Ceiling Fans
- Hot Tubs/Spas

Call Today!

**(916) 600-2024**

**10% OFF Any Service**  
With coupon.  
Not valid with any other offer.

Lic. #824668

**MP MAPLES PLUMBING**

*A Family Owned & Operated Company You Can Trust*

## Commercial & Residential

Water Heaters • Drain Cleaning • Electronic Leak Detection  
Water Treatment Systems Installation • Trenchless Sewer Line Replacement  
Faucets & Fixtures • Remodeling • Sewer Line Inspection

*Your Local Full Service Plumbing Company • Free Estimates  
Senior & Military Discounts • 24/7 Emergency Service*

**916-368-9134**

Lic. # 992727

[www.maplesplumbing.com](http://www.maplesplumbing.com)

**You Call We Screen™**

Any Need...Any Place...Any Screen

- Custom Windows & Door Screens
- Sunscreens, Phantom Retractable Doors
- Guarda Security Doors, Pet Screens
- Screened-in Patios
- Interior Window Coverings

**530-878-0784**

**FREE ESTIMATES** Lic. # 779998

## Dana's House Cleaning

... Sparkling clean every time ...

- Deep Cleaning
- Maintain with Regular Visits
- Move in and out Cleaning
- Deep Professional Carpet Cleaning
- Window Cleaning

**Ask about our Winter Special**

**916-595-8731**

Call for a FREE estimate



## —Smart Phones and Tablets/Mac—



**iPhone Basics Workshop**  
**Thursday, May 24 — LSC1538**  
**Or Saturday, June 2**  
**— LSC1548**

1:00 to 4:00 PM (OC). \$30. Plus \$5 paid to instructor for class material. Instructor: **Andy Petro**. **Prerequisite:** You must have an iPhone 6, 6 Plus, 6S, 6S Plus, 7, 7 Plus, 8, 8 Plus, or

iPhone X; and you must be on iOS 11.2.5 or higher. Bring your (fully charged) iPhone to the workshop. Do you want to learn how to use the Settings App to personalize your iPhone? Do you want to learn how to get the most out of your iPhone? Then this class is for you. If you have any other specific questions call Andy at 916-474-1544.

**Android Smart Phones Basics**  
**Monday, June 4 — LSC1537**

1:00 to 4:00 PM (OC). \$45. Instructor: **Len Carniato**. **Prerequisite:** Gmail account. In this BASICS seminar, learn to master your SmartPhone from any carrier. On our large screen display, we will focus on how to navigate screens, manage phone calls, organize your contacts, text messaging, email, use the internet, share photos, and more.



**Getting More from Your Android Phone**  
**Friday, June 8 — LSC1543**

1:00 to 4:00 PM (OC). \$45. Instructor: **Len Carniato**. Your Android Smartphone can do much more than just make calls. In this class, you'll learn about many useful accessories that can help and make it fun to travel with your Smartphone. Learn how to use Voice Controls, Get driving directions, Translation tools, and the Internet. We will

explore helpful Control Settings. You'll learn how to manage your "Apps," Video Calls, Calendaring, and Syncing. Organize your Photos, backup, and sync to your home computer and more. You will leave this fun class with many great ideas on how to get much more from your Smartphone.



**Creating Music Using iPhone/iPad**

**Tuesday, June 5-26**  
**— LSC1545**

9:00 to 11:00 AM (KS).  
 \$58 (four sessions).  
 Instructor: **Robert Chang**.

**Prerequisite:** Must own and bring headphones and iPhone/iPad with downloaded Garage Band app (available free from iTunes app store). Learn to use your iPhone or iPad to compose, record, arrange and mix original music or covers of songs you love. You will be taught step-by-step how to create music with chords, melody, and rhythm; arrange music with different virtual instruments; record real instruments and voices; and mix & master using audio effects. *Note: If you own both devices, iPad is preferable for its larger screen size.*

Public Enrollment for Lifestyle Classes are available starting the 27th of each month for your guests, friends and public with a \$5 service fee per class. Public enrollees must be at least 45 years old. Performance classes are not open to the public. Complete Guidelines available at Lifestyle Desk.

## Vent-tastic.com

When Was The Last Time You Had Your Dryer Vent Duct Cleaned?

Benefits of cleaning your dryer vent regularly by a professional:



Speeds up drying time

Lowers utility bill

Prevents dryer fires from arising in your home

Locally Owned & Operated

**(916) 633-0004**

**\$25 Off Your Next Dryer Vent Duct Cleaning**

## Comp-Solve Computers



916-276-1374

In Home Computer Service

**New Blazing Fast Custom Built Windows 10 Computers!**  
 (Starting at \$699 with 1 hour setup)  
 Plus **Refurbished Windows 7 Computers** (starting at \$299)



Your Certified 16 Year Tech is **Steve**

**New Comp. Setups - Tune Ups**

**Wireless - Repairs - Email**

**And More!**

**Lincoln Hills Special**  
**\$79/hr. reg \$89**

**www.Comp-Solve.com**

Lic. #3390

Mailing address- 6518 Lonetree Blvd. #190, Rock

## CREMATION AND FUNERAL SERVICES



5701 Lonetree Blvd., Suite 209, Rocklin  
916.550.4338  
[www.csopc.com](http://www.csopc.com)

- Direct Cremation Specialists
- Simple and Dignified
- Affordable Options
- Graveside and Nicheside Services
- Memorial Services
- Pre-Arrangements & Pre-Planning
- Online Urn Store



103 Lincoln St., Roseville  
916.783.7171  
[www.cochranewagemann.com](http://www.cochranewagemann.com)

- Funerals & Celebrations of Life
- Cremation and Memorial Services
- Graveside Services
- Military & Veteran Services
- Domestic & International Services
- Pre-Arrangements & Pre-Planning
- Online Urn Store



*“Serving the needs of families in our community and honoring their loved ones is our greatest privilege.”*

**Douglas G. Wagemann**, CCFE, CFSP  
President/CEO

FDR 2864 - CA INSURANCE LIC. 0149635

*“Family Owned – Community Focused”*





**Jeannette Pyle**  
WellFit Manager  
Jeannette.Pyle@sclhca.com



Register at the WellFit Desk (OC/KS)  
or online at SCLHResidents.com



### WellFit Orientations

#### Free Orientation: WellFit Staff

Don't know where to start in the Fitness Centers? Sign up to take our free Orientation and learn how the Fitness Centers work, and how to use a select number of pieces of equipment safely and properly! Orientations are designed to educate you on all the WellFit Department has to offer and to get you started on your fitness journey. Register: Fitness Desks.

- **Wednesday, June 14**  
2:00 to 3:00 PM, Fitness Floor (OC)
- **Tuesday, June 19**  
5:00 to 6:00 PM, Fitness Floor (OC)
- **Tuesday, June 12**  
3:00 to 4:00 PM, Fitness Floor (KS)
- **Tuesday, June 26**  
6:00 to 7:00 PM, Fitness Floor (KS)

### Special Events

#### Zumba with your Grandkids

**Monday, July 16**

2:30 to 3:30 PM, Aerobics Room (KS). \$4.50 per person (child must be accompanied by a grandparent). Instructors: **Summer and Joanie**. Bring your grandkids (ages 5-11) and enjoy the Zumba rhythms and beats with age-appropriate Zumba music, choreography, and games. Shoes are required, and comfortable clothing appropriate for movement is suggested. For more summer fun activities with your grandkids, please see page 72 for classes offered through Lifestyle.

www.sclhresidents.com

### WellFit Services Available to Assist You in Furthering Your Health & Wellness

#### Bowenwork Services

The Bowen Technique is recognized as a natural healthcare solution for many health-related issues. Bowenwork addresses core issues, not just symptoms. It can help with chronic conditions from asthma to bunions, as well as acute injuries like sciatica, knee problems and more. It is safe and gentle enough for those with compromised health. **Rebecca Kang** is a Certified Bowen Practitioner; she has also completed Specialized Bowen Procedures 1 and Bowen Procedures 2—Masters for the experience Bowen Practitioner. For more information about Bowenwork or an appointment, please contact Rebecca Kang at rebecca.kang@sclhca.com or 916-625-4034.

### Disease Prevention & Management Session-Based Classes

*Opportunities that provide education and management of diseases to achieve and maintain optimal health.*



#### Arthritis

**Tuesdays, June 5-26**

**Wednesdays, June 6-27**

**Thursdays, June 7-28**

**Fridays, June 1-29 (no class on 6/8)**

Wednesdays & Fridays, 12:00 to 1:00 PM, Aerobics Room (OC). Tuesdays

& Thursdays, 11:00 AM to 12:00 PM, Aerobics Room (OC). \$35 (four sessions). Instructor: **Linda Hunter**. This class is designed for those with Arthritis and other conditions that cause muscle and joint pain. The goal of the class is to increase the range of motion, increase flexibility, endurance and mobility, improve balance, and strengthen muscles using weights, bars, balls, and bands. The class includes some standing but sitting in the chair is always an option. *Dates and/or locations may change due to the closure of the fitness center. All registrants will be notified accordingly.*

### Lessons

*Programs that provide learning the emotional, mental and physical aspects of outdoor activities.*



#### Nordic Pole Walking

**Coming Back in July!**

9:00 to 10:30 AM, meet at the OC Fitness Center. \$45 (two outdoor sessions or indoor track; weather dependent). Instructor: **Dr. Richard Del Balso**.

Walking 30 minutes at least three times a week gives you a “Full Body Aerobic Exercise” by simply adding poles to your walking routine. After two 90-minute sessions, you will incorporate 90% of all body muscles in one exercise; burn up to 46% more calories; reduce high blood pressure; reduce the impact on hips, knees, and feet by an average of 25%; and develop upright body posture resulting in less risk of falling. Walking poles are available for each class at no charge with the option to purchase at the final session.

**Tennis Lessons**

**Sundays, July 1 – August 5**

**Beginner: 8:00 to 8:50 AM**

**Intermediate: 9:00 to 9:50 AM**

**Advanced: 10:00 to 10:50 AM**

Courts #10/11. \$75 (six sessions). Instructor: *Mike Garde*. Mike is USPTA-certified and has been giving SCLH tennis lessons for the past eight years. Group lessons with four to 12 participants per group. Focus: Basics of forehand, backhand, and serves. Proper doubles strategies are also covered. Register: Fitness Desks.

**Mindful Movement**

*Experience with mindful movement of the body that helps create a link between the mind and body that quiet our thoughts, unwanted feelings and prepare us for creating positive behaviors.*

**Mindfulness Weekend Retreat—Living an Extraordinary Life**

**Back in Fall!**

9:00 AM to 12:00 PM, Multipurpose Room (OC). \$45 (three-hour event). Instructor: *Michelle Jamieson*. We often miss seeing the extraordinary aspects of life while we are tending to the ordinary business of living because we are not fully present. Also, our expectations of how things are, do not allow us to see things as they truly are, thus denying us our full experience of life. Practice paying attention to the moment and adopting a beginner’s mind so you can enjoy your life to the fullest!



**Mindfulness—Learning to Live Mindfully—Step by Step: Beginners Mind**

**Back in Fall!**

4:00 to 5:00 PM, Aerobics Room (OC). \$60 (four sessions). Instructor: *Michelle Jamieson*. Each moment of our lives is incredibly rich, but we often take them for granted, allowing what

we “know” to prevent us from experiencing life as it actually is. Practicing letting go of expectations opens up the possibility of developing a beginner’s mind as if we are seeing things for the first time. Find ways to rekindle a love of life and see the extraordinary in the ordinary once more.

**Mindful Movement**

**Back in Fall!**

4:00 to 5:00 PM, Aerobics Room (OC). \$44. Instructor: *Michelle Jamieson*. Body movement has long been understood to cultivate mental skills such as self-awareness, focus and attention, and self-regulation. Engaging with the sensations, emotions, and thoughts of the present moment is known as mindfulness, mindful movement practices such as yoga and tai chi support the development of these skills. Additional benefits include reduced stress, physical benefits like increased strength, balance and flexibility, and psychological benefits such as relaxation and improved mood and concentration. Research studies show that regular practice of mindful movement can have a positive impact on one’s life.

**Rebark Time, Inc.**

- Year round services
- Our color enhanced material holds its color for years!
- Ask about our weed Abatement programs



We also offer:

- Complete landscape design
- All tree and plant installation
- Tree and shrub fertilization
- Pruning and thinning
- Irrigation and lighting

Easily understandable irrigation drip timers



Call for a free estimate  
(916)-764-7650  
www.rebarktime.com



## Establishing a Meditation Practice

### Back in Fall!

5:00 to 6:00 PM, Aerobics Room (OC). \$60 (four sessions). Instructor: *Michelle Jamieson*. The path of Meditation involves slow and steady cultivation of the mind. The benefits of mindfulness and contemplative practice are real, tangible, and can be experienced by anyone who practices with proper guidance. To experience these benefits directly, we need to take time in our lives to practice. We must give our minds the right conditions for the powers of wisdom and concentration to grow, which includes refining our understanding of the teachings and ensuring that we are using the techniques properly.



### Tai Chi—Qigong Introductory Class Tuesdays, June 5-26

1:00 to 2:00 PM, Aerobics Room (KS). \$44 (four sessions). Instructor: *Peli Fong*. Tai Chi is a centuries-old health system that uses smooth and rhythmic movements that are coordinated with the breath to improve one's health and vitality. The series of mindful movements that are synched with the breath and is confirmed to alleviate

arthritis, hypertension, asthma, digestive disorders, high blood pressure, vertigo, and more. This class is designed for people who wish to experience the multitude of health benefits of Tai Chi and Qigong by learning the classic 12 postures, basic Qigong warm-ups, and exercises that prepare them for the next level.

### Tai Chi Qigong L1 Tuesdays, June 5-26

2:00 to 3:00 PM, Aerobics Room (KS). \$44 (four sessions). Instructor: *Peli Fong*. Tai Chi and Qigong are century-old practices that focus on soft and gentle movements known as the 24 postures. The 24 postures enhance balance, coordination, posture, flexibility, and body tone. Tai Chi and Qigong offer harmony of the mind and body as it relieves stress and induces relaxation. Through the cultivation and flowing of the body's life force known as "Chi," this form of exercise has been scientifically proven to improve a variety of ailments such as arthritis, osteoporosis, cardiovascular disease, asthma, Parkinson's disease, digestive disorders, and more. People of all fitness levels will benefit from this complementary health system.

### Tai Chi Qigong L2 Tuesdays, June 5-26

3:00 to 4:00 PM, Aerobics Room (KS). \$44 (four sessions). Instructor: *Peli Fong*. This class is for Tai Chi and Qigong students who wish to bring a higher awareness and understanding to their lifelong practice of complementary health and wellness. Students who have practiced and completed the 24 postures will advance to learning the traditional 48 short forms. In addition, you will learn Qigong sets of movements such as the White Crane Qigong, Eight Treasures, 18 movements, and I-Xuan Qigong. These Qigong sets paired with stillness, and moving meditation will improve body mechanics, muscle memory, muscle tone, and will heighten the understanding of these century-old art forms of health, mindfulness, and wellbeing.

### New! Laughter Yoga Wednesdays, June 6-27

1:00 to 2:00 PM, Aerobics Room (OC). \$44 (four sessions). Instructor: *Linda Kalb Hamm*. Let's gather together to laugh for no reason, get an easy aerobic work-out, reduce stress and anxiety, add more joy to life, enhance our mental and physical well-being and unify our world through laughter! This is not

## GRUPP & ASSOCIATES REAL ESTATE & LENDING

SUN CITY LINCOLN HILLS  
RESIDENT REALTORS SINCE 2003

*Always Serving Your Best Interest!*



Jean Grupp,  
Broker

Bob Grupp,  
Realtor

— Office —  
(916) 408-4098

— Cell —  
(916) 996-4718

Thirty-five years of Real Estate Experience  
LISTINGS & SALES ~ HOME LOANS

CALL TODAY FOR —

- A Complimentary Analysis of your Home's Current Value
- Competitive Interest Rates for Home Purchase/Refinance

DRE# 00599844 / 01291341 ~ NMLS# 289623

# Time for Deep Root Fertilizing: Enhance Tree Vitality, Strengthen Root System

- YOUR TRUSTED SOURCE FOR TREE AND SHRUB CARE
- Full-service tree company, specializing in tree and shrub care
- Over 30 years experience in the tree industry
- Proudly serving Sun City  
Lincoln Hills
- CSLB# 1031274 and ISA Certified  
Arborist# WE-1374A



(916) 295-8814 • [mullentreeandshrub.com](http://mullentreeandshrub.com)

## CARPET ~ HARDWOOD ~ TILE/STONE ~ AREA RUGS WATER-PROOF PLANK ~ BAMBOO



**Free** In-Home Design  
Consultation and Estimates

**Free** Furniture Moving!



Local ~ Family Owned  
[WWW.JDFINEFLOORS.COM](http://WWW.JDFINEFLOORS.COM)

**Nielson FINE FLOORS**  
835 Twelve Bridges Drive • Lincoln, CA  
**(916) 645-3535**



**A+**  
rating



License # 848596

your traditional bendy, stretchy yoga, so no mats or poses. This hour-long laughter session begins with gentle stretching, clapping, chanting and breathing warm-ups. Then we begin our “laughter exercises” which use playful acting and visualization methods to keep us laughing with one another. We end with our “laughter meditation” which allows us to enjoy the spontaneous flow of laughter. *Dates and/or locations may change due to the closure of the fitness center. All registrants will be notified accordingly.*

## Money Matters

*Classes that encourage a healthy state of well-being while preparing financially for the future.*

### The Power of Global Diversification with Russ Abbott Tuesday, June 26

10:30 AM to 12:00 PM, P-Hall (KS). \$5. Instructor: **Russ Abbott**. Most investors tend to stick to what they know, such as, only US investments. However, for many years international investing has provided a very good risk and reward proposition to portfolios. Come to this class to hear how this can add to your investment life.

## Nutrition

*Learning experiences that can create optimal health through whole food nutrition as it relates to everyday life and weight or disease management.*



### Re-Start—Your Health in Just Five Weeks Tuesdays, June 19-July 17

1:00 to 2:30 PM, Multi-purpose Room (OC). \$129

(5 sessions). Instructor: **Audrey Gould**, Registered Dietitian, and Nutrition Therapy Practitioner. Restart is a five-week program with a three-week sugar detox built right in; the program focuses on how to use real food to boost your energy and cut cravings. Enjoy the side effects of weight loss, better sleep, increased energy and boosted the immune system. Discover how good you can feel when you give your body a vacation from processed foods and sugar.



### Private Nutritional Consulting, Audrey Gould, RD/RDN, NTP

Restorative Wellness is sold in three-month packages to help residents resolve specific health issues that cannot be solved in one session. The three Month

Nutrition package includes:

A personalized assessment of any nutritional deficiencies and dysfunctions in your body.

**Six hours of personalized nutrition consulting including a two-hour initial assessment.**

Interpretation of laboratory values and/or food sensitivity panels (additional labs are optional and not part of the package price).

A personalized program that will identify the areas and strategies for both the short-term and long-term goals.

Total Cost: \$549. Additional consultations at \$75/session after the completion of the three-month program.

## Personal Improvement

*The following Personal Improvement classes are offered through the WellFit Department; registration is available at the WellFit front desks.*



### Beginning Sudoku Tuesdays, Back in September!

9:00 to 10:30 AM, P-Hall (KS). \$5. Instructor: **Russ Abbott**. Come learn the basics of Sudoku, one of the most

popular puzzles in America today. Puzzle layout, logic, and playing methods will be discussed and reviewed. The instructor’s own Box Rule of Two strategies will be taught, making you feel much more comfortable with Sudoku. Come enjoy something the American Medical Association has cited as a worthwhile activity to do every day.

### Memory: The Long and Short of It Tuesday & Friday, June 26 & 29

9:00 to 11:00 AM, Multi-Purpose Room (OC) \$30. Instructor: **Alice Jacobs**. This two-session interactive workshop will cover current scientific information about memory—including the components of memory, memory changes with age—reviewing normal and abnormal changes, tips and techniques for improving memory, and new advances in memory diagnosis. Participants will create a personal memory improvement plan. Educational physiologist, Dr. Alice Jacobs is a pioneer in brain wellness and memory training and is the founder and CEO of Brain Gain™ ([www.braingain.info](http://www.braingain.info)). She has taught health and health-related courses for several universities including private and public institutions.

**LAW OFFICE OF DARREL C RUMLEY**

- Estate Planning
- Trusts
- Wills
- Healthcare Directives
- Trust Review
- Mobile Notary
- Probate



Darrel C Rumley  
Attorney at Law  
Serving Placer County

*"As a senior myself, I understand our needs. I know that a living trust is THE most important & thoughtful gift you can leave your loved ones. By having an estate plan in place, YOU decide end-of-life decisions as well as the financial distribution of your estate. Your loved ones are saved the expense of probate. Questions? I'm here to listen & help you."*

915 Highland Pointe Drive  
Suite 250  
Roseville, CA 95678

**916.780.7080**

**Hwy 65 & Pleasant Grove Blvd.**

**www.rumleylaw.com/trusts**

Lic. #00824392

Exclusive offer for residents of  
**Sun City Lincoln Hill**

**21-Point "WOW!"  
Tune-Up\***

★ plus ★

**FREE Duct Inspection**

ONLY  
**\$68**  
(a \$198 value)



[www.ServiceChampions.net](http://www.ServiceChampions.net)

\*Offer expires 8/15/2018. May not be combined with other offers. Valid only for "WOW!" Tune-Up of a single furnace or air conditioner.



**CALL NOW (916) 905-1099**

**Victoria Mosur, D.D.S.**



Victoria Mosur, DDS

- General & Cosmetic Dentistry
- Crowns & Bridges
- Partial and Complete Denture
- Root Canal Therapy
- Implants (also repairs)
- Laser Treatment
- Preventative Care
- Tooth Whitening
- Emergency Care

***New Patients Welcome***

We offer a friendly, safe, and caring environment. Please come in and meet our dental team and make our practice your dental home.

Visit our website to view additional information and what our patients have to say.

**(916) 645-3373**

**www.victoriamosurdds.com**

496 East Ave, Lincoln, CA

GSD00521



**NOBLE WAY**  
—PEST CONTROL—

**\$79.95 INITIAL  
\$65 EVERY OTHER MONTH  
(GENERAL PEST CONTROL  
WITH ONE YEAR SERVICE  
AGREEMENT)**

**One Time Services Also  
Available**

**OTHER SERVICES**

- Rodent Control**
- Vole Control**
- Bird Exclusions**
- Pest inspections and**
- Termite Treatment**



Lic. #PR2911

**CALL US TODAY FOR DETAILS!**

**(916) 349-2044**

## Pilates Reformers and Towers

*Prerequisite: All Pilates Reformer classes require completion of the Introductory Reformer Session L1.*

### Pilates Reformer Membership Packages

Members select their monthly classes via online scheduling system. Our Reformer packages are as follows:

- Four-class membership package \$80 per month
- Eight-class membership package \$135 per month
- Add-on classes for member \$17 per class

Membership packages require an agreement for auto-pay upon enrollment. To enroll in Reformer Membership, complete an Introductory Reformer Session (see below). These packages are not available online. Private Reformer Training is available. See class grid on pg 105 for a complete listing of Pilates Reformer classes.

### Introductory Reformer Session L1 Continuous Dates

WellFit Studio (OC). \$30 (one session, one-hour long). This session is a prerequisite for Pilates Reformer classes. You will work one-on-one with a trainer to teach you proper breathing techniques, go over any goals/limitations you may have, go over basic exercises, set up your proper spring loads, and answer any questions. Once you have completed this introductory class, you can sign up for the Pilates Reformer Membership package or drop-in class. You can register for this introduction at the Fitness Centers. The trainer will call you to set up an appointment.

### Private Reformer Training

Private training is convenient and efficient. All private training is done by appointment. When working one-on-one, our trainers will customize a reformer program to meet your specific goals. Most injuries are caused by hidden muscular weaknesses or skeletal imbalances. Pilates works to balance the body to bring proper alignment and function. For more information regarding Private Reformer Training, please contact Jeannette Pyle.

- **One-on-One Training:**  
One client and one trainer. One hour session cost is \$54.
- **Duet Training:**  
Two clients and one trainer. It is more fun to work out with a friend! One hour session \$34 per person.

**Danielle Lawlor**  
Fitness Coordinator  
Danielle.Lawlor@sclhca.com



## Personal and Clinical Training

Personal training is convenient, efficient and individualized for your specific goals. Whether your goals are strength, endurance or rehab related we have a trainer for you. All of our trainers are highly qualified and have different specialties and strengths. To learn more about personal training and/or clinical training or about our trainers and their qualifications contact Jeannette Pyle. You can also visit [www.sclhresidents.com](http://www.sclhresidents.com) under WellFit/Personal Training/meet the trainers.

### Training Services

- **One-on-One Training:**  
One client and one trainer. One hour session cost is \$54, half-hour session \$34.
- **Clinical Training:**  
One client and one trainer. One hour session cost is \$60, half-hour session \$40.
- **Buddy Training:**  
Two clients and one trainer. It is more fun to work out with a friend! One hour session \$34 per person.

### Small Group Training (SGT)

Small group training classes are designed for specific goals in mind. Participants have the opportunity to work directly with a personal trainer in a small group setting and with no more than six people.

Classes fill quickly; please register at least seven days prior to class start date. Participants must register prior to class start date. Events go on sale on the 17th of this month at 8:00 AM. Register at either Fitness Center or online.

Are you a current SGT participant, but need some extra workouts; or does your schedule require a little flexibility with your SGT classes? Try our new SGT Drop-in Pass. \$25 per drop-in and you can take as many days as you would like of the eligible SGT classes. SGT Drop-in passes can be purchased at any time and saved for a later date. Please note not all classes are eligible for drop-ins. Please see descriptions of each class.

# Heritage Oaks Memorial Chapel

FUNERAL AND CREMATION CARE FD 1990

**Placer County's Premier Funeral Home**

6920 Destiny Drive  
Rocklin, CA 95677  
**916.791.CARE (2273)**

Full funeral and cremation services with caring staff.  
Family owned & operated locally by veterans.  
Quality services at affordable prices.

[www.HeritageOaksMemorialChapel.com](http://www.HeritageOaksMemorialChapel.com)  
Conveniently located off Hwy 65 near Stanford Ranch Rd

*Where lives are honored and celebrated*

Attend our "Preparing Is Caring" Seminars.  
Estate, Burial and Cremation Planning.  
Watch for our flier in the Compass for Date & Location.  
Ron Harder, FDR2875 CA Insurance Lic 0809569



Reverse Mortgages  
can help create financial  
opportunities and peace of mind.....

## LET YOUR HOME HELP YOU!

- take a vacation you've always dreamed of
- fund in home care
- payoff current mortgage or make repairs
- pay daily expenses
- purchase a second home



Jeff Bangerter | NMLS#18361  
916.965.1879 | [reversemortgage4u.com](http://reversemortgage4u.com)  
7777 Greenback Lane, Suite 206 | Citrus Heights, CA 95610



HighTechLending, Inc. - Licensed by the Department of Business Oversight under the California Residential Mortgage Lending Act. NMLS #7147. Licensed in AZ# 0812577, CA# 4130287, CO #7147, FL #7147, HI #7147, MD #21762, NJ #7147, OR #M/L-386, PA #49892, TX #7147/LIT #8674117, VA #N/C-5882, WA #7147, 2030 Main Street #350, Irvine, CA 92614. NMLS Consumer Access: [www.nmlsconsumeraccess.org](http://www.nmlsconsumeraccess.org).



**PLUMBING  
HEATING & AIR  
DRAIN CLEANING**

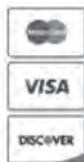
*Quality Passed Thru Generations ~  
P.T., Dick & Hans Since 1928*

**Hans B. Shaver**

License #962592

**916-791-4125**

Member of Roseville Chamber



**\$25.00 or 10% OFF any service**

## CARPET CLEANING

**THREE ROOMS & HALL**

**\$74.95** up to 400 sq. ft.  
includes free pretreatment!

### Additional Services

- Teflon Protectant
- Upholstery Cleaning
- Pet Odor/Stain Removal
- Carpet Repairs
- Carpet Stretching
- Tile & Grout Cleaning
- Window Cleaning
- Solar Panel Cleaning

*"I have been utilizing the services of Gold Coast Carpet & Upholstery Cleaning for many years. I can always depend on a thorough and professional cleaning service."*

Curtis B.  
Lincoln Hills Resident

## GOLD COAST CARPET & UPHOLSTERY

OWNER OPERATOR \* LINCOLN RESIDENT \* IICRC CERTIFIED

**916-508-2521**

DEPENDABILITY \* INTEGRITY \* EXCELLENCE

[www.GCcarpet.com](http://www.GCcarpet.com) Lic. 2815





### SGT—Parkinson's Indoor Cycling Wednesdays, June 6-20

12:30 to 1:30 PM, Aerobics Room (KS). \$70 (four sessions). Instructor: *Milly Nuñez*. Have you or a loved one been diagnosed with Parkinson's disease?

Join this class and make friends facing the same challenges. A trainer will guide you using the premise of "forced exercise" (exercise that is beyond a voluntary level). Studies have shown many individuals that have been diagnosed with PD have experienced symptomatic relief when they undergo a regular exercise program that includes "forced exercise." The first class will include an assessment and bike setup day. Participants must be able to sit unassisted on a spin bike, and heart rate monitors are required. For more information, please contact Jeannette Pyle.

### SGT—ParkinsonWise Combo Fridays, June 1-22

12:30 to 1:30 PM, Aerobics Room (KS). \$70 (four sessions). Instructor: *Milly Nuñez*. Interested in the Parkinson's Cycle class, but don't think you could do an entire hour of cycling? Try this class to change it up. Milly will combine content from Parkinson's Indoor Cycling and ParkinsonWise classes to create a class that helps improve the quality of life through meaningful exercise.

### SGT—ParkinsonWise Thursdays, June 7-21

1:30 to 2:30 PM, Aerobics Room (KS). \$85 (three sessions). Instructor: *Milly Nuñez*. Improve your quality of life through meaningful exercise. Exercise and movement are effective in delaying the progression of symptoms, in reducing the impact of symptoms, and increasing general well-being. The class will emphasize focused movement, maintaining and increasing the range of motion, movement in all planes, low versus high-intensity

movements, balance and coordination, multi-tasking, and more. Enjoy a group setting with a certified trainer who will lead and motivate the class. All levels are welcome as the class will address modifications and progressions to keep participants motivated and engaged.



### SGT—Fit 101 at Kilaga Springs L1 Mondays & Wednesdays, June 4-27

10:30 to 11:30 AM, Fitness floor (KS). \$50 (eight sessions). Instructor: *Jared Young*. Are the new machines at

Kilaga Springs Fitness Center a little overwhelming? Take this class and not only will you finish the class with a complete understanding of the new equipment, but you will also work on the TRX, weights, exercise bands, walking, stretching, and more. By the end of the session, you will have a customized workout routine that includes the correct settings and weights appropriate for you! This format is a great opportunity to work with a trainer, create a workout routine and meet friends that share the same fitness goals.

### SGT—Fit 101 at Orchard Creek L1 Tuesdays & Thursdays, June 5-28

12:00 to 1:00 PM, Fitness floor (OC). \$135 (eight sessions). Instructor: *Jared Young*. Starting a new experience may seem a little overwhelming. That's why Fit 101 is a perfect place to start. This class will incorporate a little of everything at our Orchard Creek Fitness Center. By the end of the session, you will have a customized workout routine that includes the correct settings and weights appropriate for you! This format is a great opportunity to work with a trainer, create a workout routine and meet friends that share the same fitness goals. *Dates and/or locations may change due to the closure of the fitness center. All registrants will be notified accordingly.*

Over 32 years in business!

**SunDance Interiors**

CONT. LIC. #677243

Custom Draperies & Upholstery  
Slipcovers • Shutters  
Blinds • Bedspreads

Workroom  
& Showroom

**781-2424**

400 Washington Blvd., Ste. C • Roseville  
www.sundanceinteriors.com

PRESS YOUR  
BEST  
ROSEVILLE

**Do you need help with your PC?**

Expert assistance with software and hardware problems. Over 35 years of experience as a Computer Consultant, and I live in Lincoln Hills and am only a short distance from you.

Virus Removal      SCLH residences, only \$70 per hr.  
Printer Setup  
Computer Upgrading  
New Computer Installs  
Training Sessions  
and much more...

**Jim Puthuff & Associates**  
(916) 768-3936  
www.puthuff.com  
Lic. #GSD01841

**Helping you Buy and Sell the Del Webb Lifestyle Since 1997!**

Price per Square Foot?  
**PRICELESS!!!**



"Put my 20 years Del Webb experience, Legal Education and Internet Marketing to work for you."

**Paula Nelson**  
Broker Associate

**916-240-3736**  
REALTOR@PaulaNelson.com



SUN RIDGE  
REAL ESTATE  
Each Office Independently  
Owned and Operated.



**Dave Norman's Helping Hand**

To care for those who once cared for us.

**Dave Norman**  
Personal Care Assistant

C: 925.699.9353  
O: 916.409.5443

Email: info@davenormanshelpinghand.com  
www.davenormanshelpinghand.com

Business License # GSD01261  
Lincoln, CA

Appointments, Grocery Shopping,  
Home Assistance and more!



**TERRAZAS LANDSCAPE**  
Family Owned Since 1998

**COMPLETE LANDSCAPE MAINTENANCE!**

Top ten (10) reasons to call Isaac at 916-247-2748 for your maintenance needs:

1. Lawns mowed weekly!
2. Lawns edged weekly!
3. Lawns fertilized every eight (8) weeks!
4. Lawn sprinklers checked every eight (8) weeks!
5. Shrubs pruned as needed!



6. Shrubs fertilized twice a year!
7. Drip system checked!
8. Sprinkler timer programmed as needed throughout the year!
9. Weeds eradicated on a weekly basis!
10. Patios and walkways blown off weekly!

Licensed & Insured  
Contractor License #: 877722

**Keep Your Trees and Shrubs Fit and Trim!**

- A** - Affordability: our pricing will always be competitive
- C** - Competence: our Certified Arborists and Tree Workers are well trained
- O** - Organization: we are organized in our operations for prompt and timely service
- R** - Reliability: we return our phone calls and will be on time
- N** - Neatness: your property will always be left cleaner than when we arrive
- Tree & Shrub Pruning
- Tree & Shrub Removal
- Stump Grinding
- Cabling and Bracing
- Planting all sizes of Trees & Shrubs
- Fertilization
- Insect & Disease Diagnosis & Treatment
- ISA Certified Arborists
- ISA Western Chapter Certified Tree Workers

**916-787-8733 (TREE)**

Fully Licensed & Insured  
Contractor Lic. #953007



www.787tree.com • www.acornarbicultural.com



**SGT—“Fun”ctional Fitness L3**  
**Tuesdays & Thursdays,**  
**June 7-July 3**

12:00 to 1:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: *Deanne Griffin*. Join us for a fun-filled class

which incorporates strength training and high-intensity interval training for optimal cardiovascular benefits. This team-oriented class focuses on “Functional Fitness” using a variety of equipment including TRX suspension training. You will challenge and strengthen the core, promote balance, flexibility, mobility, and prevent injuries. Mixing up the workout regularly keeps the body from getting bored! The intensity is up to each individual. Intermediate to advanced fitness levels encouraged. *This class is available for the SGT Drop-in Pass.*



**SGT—Progressive Bootcamp L2/3**  
**Mondays & Wednesdays,**  
**May 30-June 25**

4:00 to 5:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: *Danielle Lawlor*. Looking to change things up? Try this Bootcamp class

that gives you progressive exercises to accommodate each participant’s fitness level. The class will enjoy workouts in the Aerobics Room and the gym floor. A variety of equipment will be introduced and used for a workout you’ve never seen before. *This class is available for the SGT Drop-in Pass.*



**SGT—Morning Burst Group**  
**Training L2**  
**Mondays & Wednesdays,**  
**May 30-June 25**

7:15 to 8:15 AM, Aerobics Room (KS). \$135 (eight sessions). Instructor: *Milly Nuñez*. Rise and shine to enjoy a fun and

energizing workout in a small group setting. Discover ways to challenge yourself at your level or pace while getting a full body workout. A full body workout will help you to develop and build balance, coordination, and strength in your entire body. Learn to use your body weight and various pieces of equipment available to you, including dumbbells, steps, TRX, and so much more! *This class is available for the SGT Drop-in Pass.*

**SGT—TRX L2**

**Tuesdays & Thursdays, May 29-June 21**

5:30 to 6:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: *Danielle Lawlor*. This TRX class covers strength, balance, cardio, core and stretch all while using TRX suspension training straps. You

will work on posture and keep your joints safe while building lean muscle mass and flexibility. *This class is available for the SGT Drop-in Pass.*

**SGT—TGIF TRX & More L2**  
**Fridays, June 1-29**

7:15 to 8:15 AM, Aerobics Room (KS). \$85 (five sessions). Instructor: *Kayla McCusker*. Let’s kick off the weekend right with a great total body workout. Use this class to enhance your current workout routine or to learn the basics of the TRX. Other pieces of equipment may also be used. *This class is available for the SGT Drop-in Pass.*



**New! SGT—Bootcamp Gold L2/3**  
**Mondays & Wednesdays, June 4-27**

11:30 AM to 12:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: *Kayla McCusker*. “Bootcamp Gold” is a multi-method class that combines

resistance training, cardio intervals, and agility drills in order to challenge you both physically and mentally. Simple athletic movements and strength circuits target all major muscle groups while building strength and stability. High-Intensity Intervals will keep your heart rate and energy expenditure up throughout the “work” phases. Specific balance training movements reduce your risk of falls, and the flexibility component aims to recover, maintain and enhance mobility while improving functional imbalances.



**SGT—Balance & Fall**  
**Prevention L1/L2**  
**Mondays & Wednesdays, June 4-27**

2:00 to 3:00 PM, Aerobics Room (OC). \$100 (six sessions). Instructor: *Danielle Lawlor*. Learn simple stretches and exercises that will help improve balance,

core strength and reflexes to prevent falls. We will use chairs, bars, and the wall for support. *Dates and/or locations may change due to the closure of the fitness center. All registrants will be notified accordingly.*

**SGT—Half Hour Balance & Fall Prevention L2**  
**Mondays & Wednesdays, June 4-27**

1:30 to 2:00 PM, Aerobics Room (OC). \$50 (six sessions). Instructor: *Danielle Lawlor*. Build on concepts learned from L1 Balance and Fall Prevention to keep working on more advanced strength exercises and balance challenges. We will use the track upstairs at OC. A great class to try if you have already taken level one balance class but still want to continue getting instruction. Students are expected

# DO YOU SPA?

## hydracial



**DUE TO POPULAR DEMAND CONTINUES THROUGH JUNE 15**

HydraFacial is a life-changing skincare experience for all faces.  
The best skin of your life.

### HOW IT WORKS

- ✓ **CLEANSE + PEEL**  
Uncover a new layer of skin with gentle exfoliation and relaxing resurfacing.
- ✓ **EXTRACT + HYDRATE**  
Remove debris from pores with painless suction.  
Nourish with intense moisturizers that quench skin.
- ✓ **FUSE + PROTECT**  
Saturate the skin's surface with antioxidants and peptides to maximize your glow.

### AMAZING RESULTS!

**Signature Hydrafacial promotional price \$149 normally \$199**

Deeply Cleanse, extract and hydrate the skin through super serums filled with antioxidants, peptides and Hyaluronic acid.

**Deluxe Hydrafacial promotional price \$199 normally \$250**

This treatment includes all the essentials of the Signature Hydrafacial while addressing specific skin concerns through Hydrafacial's boosters and protocols.

**Kilaga Springs Custom Hydrafacial promotional price \$199 normally \$240**

Combine the HydraFacial Signature and Custom HydroPeptide treatment all in one



**ALL SERVICES VALID MAY 15 THROUGH JUNE 15**



*Add these fabulous enhancements to any massage*

New-Joint Relieving Balm Glucosamine, MSM and Arnica-these powerful ingredients support joint health, relieve pain and remove inflammation

- Stones- Himalayan Salt/ Hot River Stone/ Cold Marble Stones
- Hydropeptide Balm-super hydrating with Coconut and Avocado oils

**\$15 each**

to warm up and stretch on their own before class as well as stretch on their own right after class; using warm up and stretches taught in the L1 class. *Dates and/or locations may change due to the closure of the fitness center. All registrants will be notified accordingly.*

### Punch Pass Class

Please see the colored grids on pages 102-105 for days and times. Classes are designated with a level. Level 1 is designed for the beginner or returning exerciser. Level 2 is designed for an intermediate exerciser with established exercise ability, and Level 3 is designed for the advanced exerciser. For a list of class descriptions, please refer to [www.sclhresidents.com](http://www.sclhresidents.com) under WellFit tab.

Each class is \$4.50. Purchase your Punch passes at either Fitness Center front desk.

## RAY'S CRYSTAL CLEAR WINDOW CLEANING

Residential & Commercial  
530-680-3463  
Lincoln, CA

Window Cleaning - Hard Water Spots -  
Screens - Tracks & Mirrors  
Gutter Cleaning and Pressure Washing

### MAY SPECIAL

Window cleaning up to 10 windows inside  
and out, screens, tracks & Gutter Cleaning

**\$189**

Call today for your  
FREE estimate

[www.rayscryclearwindows.com](http://www.rayscryclearwindows.com)

Ray Wooner - Owner  
Family owned & operated

Lic. #GSD01698

## 21 Day Cruise to ALAKSA from San Francisco

With R/T Shuttle Service from Lincoln to the Ship\*

Holland America Line's  
Maasdam  
1258 Passengers

Sailing dates:  
May 7, 2019, May 28, 2019 & June 18, 2019

Prices starting from:

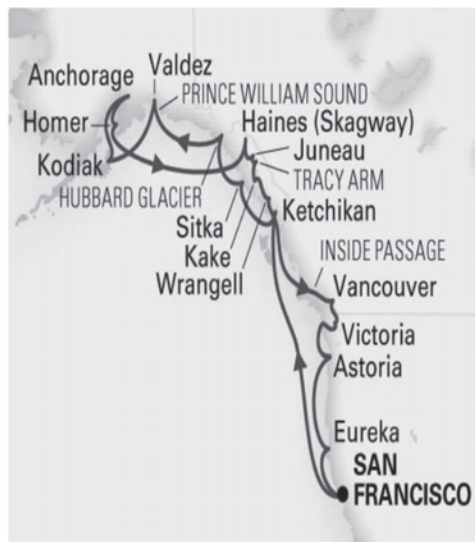
\$2,599 Interior

\$2,799 Ocean View

\$6,599 Balcony

Cruise fares above are based on sailing May 7, 2019. Other dates are higher. Taxes, Fees & Port Expenses are \$690 additional. Round trip transportation from Lincoln to the ship is \$100 per person. Travel Insurance is highly recommended.

Please call 916-789-4100 for more information or to book this cruise.



Holland America Line®  
SAVOR THE JOURNEY

Your cruise itinerary:

**Day 0 San Francisco**  
**Day 3 Ketchikan**  
**Day 4 Sitka**  
**Day 5 Hubbard Glacier**  
**Day 6 Valdez**  
**Day 7 Kodiak**  
**Day 8 Anchorage**  
**Day 9 Homer**  
**Day 11 Haines**  
**Day 12 Juneau**  
**Day 13 Kake**  
**Day 14 Wrangell**  
**Day 16 Vancouver**  
**Day 17 Victoria**  
**Day 18 Astoria**  
**Day 20 Eureka**  
**Day 21 San Francisco**

**These 3 special 2019 voyages will sell out! Don't miss the boat. Book today!**

\*Fares are per person, based on double occupancy and apply to the first two passengers. Holland America Mariners may qualify for lower fares. Round Trip Shuttle is \$100 per person. Please call Club Cruise for special discounted prices for Single, Triple and Quad Occupancy. This offer is capacity controlled and may not be combinable with any other public, group or past passenger discount. Some restrictions apply. Fares quoted in U.S. dollars. Final payment 90 days prior to departure.

**CLUB CRUISE & Lincoln Travel 916-789-4100**  
Located at 851 Sterling Parkway, Lincoln CA

CST#2033380-40



OC WellFit Class Schedule June 1-30, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00	Athletic Stretch L1/3 - Jen OC		Athletic Stretch L1/3 - Jen OC				
8:00	Strictly Strength L3 - Jeannette	Step for All L2 - Kim	Strictly Strength L3 - Jeannette	Step for All L2 - Kim			
9:00	Zumba L3 - Summer	Core & Strength L2 - Kim	Zumba L3 - Summer	Core & Strength L2 - Kim	20/20/20 L3 - Gretchen	Yoga Basics L1 - Amy/Sara	Cardio Strength L3 - Kim
10:00	Slow Flow Yoga L2/3 - Jennifer	Yoga Flow L2 - Ashley	Everybody Can L2 - Linda	Yoga Flow L2 - Jennifer	Strictly Strength L2 - Valerie	Yin Yoga L2 - Sara	Zumba L3 - Carrie
11:00	Piloga L2 - Cynthia	Arthritis L2 - Linda	Piloga L2 - Lola	Arthritis L2 - Linda	Piloga L2 - Lola		
12:00	Yoga Stretch L1 - Julie	12:15-1:15pm iRest Meditation and Yoga L1 - Iram	Arthritis L1/2 - Linda	Yoga Stretch L1 - Julie	Arthritis L1/2 - Linda		
1:00	Chair with Flair L1 - Julie	1:30-2:30pm Chair Yoga L1 - Ashley	Laughter Yoga L1 - Linda K	<b>New Day!</b> Chair with Flair L1 - Julie	Basic Chair L1 - Kathryn		
2:00	SGT - Balance & Fall Prevention L1 - Danielle		SGT - Balance & Fall Prevention L1 - Danielle				Yoga Flow L2 - Ashley
3:00	Healthy Living Exercise L2 - Milly	Healthy Living Exercise L2 - Milly		Healthy Living Exercise L2 - Julie	Activities	SCIH Booking	
4:00	Mindful Movement L1-3 - Michelle	Activities	Mindfulness L1 - Michelle				
5:00	Meditation techniques L1 - Michelle						
6:00			Mixed Levels Yoga L1-3 - Jennifer	Activities			
		Group Exercise Classes (punch pass) \$4.50				Wellness Classes (session based) Small Group Training (session based)	
All classes are subject to change without notice.							
All classes are 55 minutes, unless otherwise noted.							

KS WellFit Class Schedule June 1-30, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15	KS	KS	KS	KS	KS	KS	KS
7:15-8:15am	7:15-8:15am SGT - Morning Bootcamp L2 - Milly	Mixed Level Cycle L2 - Deanne	7:15-8:15am SGT - Morning Bootcamp L2 - Milly	Mixed Level Cycle L2 - Deanne	7:15-8:15am SGT - TGIF TRX L2 - Kayla		
8:30	Exercise Mashup L2 - Danielle	Zumba Gold L2 - Joanie	Power Vinyasa L3 - Deanne	Low Impact/Sculpt Interval L2 - Jeri/Danielle	Zumba Gold L2 - Joanie	Low Impact L2 - Jeri	
9:30	Cardio Strength L3 - Valerie	Strictly Strength L2 - Linda	Cardio Strength L3 - Jennifer	Strictly Strength L2 - Linda	Cardio Strength L3 - Rodina	Strictly Strength L2 - Jeri	
10:30	Pilates L2 - Sarah	Piloga Flow L2 - Julie M	Strength & Flexibility L2-Gretchen	Piloga Flow L2 - Cynthia	Everybody Can L2 - Linda	Athletic Stretch L2 - Jeri	
11:30	<b>New!</b> SGT - Bootcamp Gold - Kayla		<b>New!</b> SGT - Bootcamp Gold - Kayla		Waidan Gong L1 - Joan		
12:30		12:00pm SGT - Functional Fit L2 - Deanne		12:00pm SGT - Functional Fit L2 - Deanne			
1:00			SGT - Indoor Cycling for Parkinson's L1 - Milly		SGT - ParkinsonWISE Combo L1 - Milly		
1:30	Yoga Basics L1 - Army	1:00pm Tai Chi Intro - Peil	Yoga Basics L1 - Army	1:30-2:30pm SGT - ParkinsonWISE L1 - Milly			
2:30		2:00pm Tai Chi L1 - Peil					
4:00	SGT - Progressive Bootcamp L2/3 - Danielle	3:00pm Tai Chi L2 - Peil			SCLH Booking		
5:30		Yoga for Osteo L1 - Julie	SGT - Progressive Bootcamp L2/3 - Danielle	Yoga for Osteo L1 - Julie			
6:30		SGT - TRX L2 - Danielle		SGT - TRX L2 - Danielle			
Group Exercise Classes (punch pass) \$4.50							
Wellness Classes (session based) Small Group Training (session based)							
All classes are subject to change without notice. All classes are 55 minutes unless otherwise noted.							

**OC Aqua WellFit Class Schedule June 1-30, 2018**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Water Works L2/3- <i>Kayla</i>		Water Works L2/3- <i>Marla</i>		Water Works L2/3- <i>Jennifer</i>		
8:30	Water Works L2- <i>Kayla</i>		Water Works L2- <i>Kayla</i>		Aqua Intervals L3 - <i>Jennifer</i>		
9:30	Deep Water Fitness L3-Jennifer	Aqua Intervals L2/3 - <i>Deanne</i>	Deep Water Fitness L3-Annette	Aqua Intervals L2/3 - <i>Deanne</i>	Deep Water Fitness L3-Kayla		
10:30	Aqua Intervals L2/3- <i>Jennifer</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Making Waves L2- <i>Annette</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Aqua Intervals L2/3- <i>Jennifer</i>		
11:30	(11:30am-12:15pm) AF Aqua L1- Annette		(11:30am-12:15pm) AF Aqua L1- Annette		(11:30am-12:15pm) AF Aqua L1- Annette		
12:30	Aqua Pilates L1- <i>Annette</i>				Aqua Pilates L1- <i>Annette</i>		
2:00							
4:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
5:00	Total Body Conditioning L3 <i>Jeannette</i>		Total Body Conditioning L2 <i>Marla</i>				
All classes are subject to change without notice. All classes are 55 minutes unless otherwise noted.							



## Pilates Reformer WellFit Class Schedule June 1-30, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Reformer L1- L2 - <i>Cynthia</i>				Mixed Equipment L1- L2 - <i>Gretchen</i>		
8:30	Ref Basics + L1-L2 - <i>Sarah</i>	Mixed Equipment L1-L2 <i>Nick</i>	Ref Basics L1 - <i>Cynthia</i>	Mixed Equipment L1-L2 - <i>Julie</i>	Ref Basics + L1-L2 - <i>Sarah</i>		
9:30	Mixed Equipment L1- L2 - <i>Sarah</i>	Ref Basics + L1-L2 - <i>Nick</i>	Ref Basic L1 - <i>Cynthia</i>	Ref Basics L1 - <i>Julie</i>	Mixed Equipment L1-L2 - <i>Sarah</i>	Mixed Equipment L1- L2 - <i>Julie</i>	
10:30	Ref Basics L1 - <i>Valerie</i>		Mixed Equipment L1- L2- <i>Nick</i>	Mixed Equipment L1-L2 - <i>Julie</i>	Ref Basics + L1-L2 - <i>Sarah</i>	Cardio Jump & Core L2 - <i>Julie</i>	
11:30							
12:00	Mixed Equipment L1-L2- <i>Valerie</i>	Ref Basics + L1-L2 - <i>Julie</i>	Cardio Jump & Core L2 - <i>Gretchen</i>	Cardio Jump & Core L2 - <i>Gretchen</i>	Mixed Equipment L1-L2- <i>Valerie</i>	Ref Basics + L1-L2 - <i>Julie</i>	
5:30	Bowenworks Sessions - Contact for Appt. 625-4034			Bowenworks Sessions - Contact for Appt. 625-4034			
		Reformer Basic+ L1- L2 - <i>Lori</i>		Mixed Equipment L1-L2 - <i>Julie</i>			
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							



Advertisers listed in this issue are shown here by category followed by the page number (bolded) location of the ad.

Please thank your advertisers and tell them you saw their ad in the Compass

#### ACCOUNTING

AJ Kottman, **31**  
Riolo, Roberts and Freddi, **75**

#### AUTOMOBILE

Auburn Toyota, **85**  
J & J Body Shop, **79**

#### CHURCH

Valley View Church, **16**

#### CLEANING SERVICES

All Pro Window Cleaning, **36**  
Dana's House Cleaning, **86**  
Gold Coast Carpet & Uph., **96**  
Joe's Carpet Cleaning, **46**  
Johnny on the Spot, **77**  
Ray's Crystal Clear Windows, **101**  
Sierra Home & Comm. Svcs., **66**  
SK Sparkling Home, **24**  
Vent-tastic Vent Cleaning, **87**  
V&O Cleaning Service, **39**

#### COMPUTER SERVICES

Affordable Computer Help, **86**  
Compolve Computers, **87**  
Jim Puthoff & Associates, **97**  
PC & Mac Resources, **40**

#### COUNSELING

Nancy Nash-Lund, **29**

#### DENTAL

A+ Personalized Dental Care, **45**  
Denzler Family Dentistry, **80**  
Jefferson Lee Clark, **20**  
Jon Vongschamphen, DDS, **70**  
Lincoln Crossing Dental, **24**  
Victoria Mosur, DDS, **94**

#### ELECTRICAL SERVICES

Brown's Quality Electric, **86**  
Dodge Electric, **74**

#### EYE CARE

Wilmarth Eye/Laser Clinic, **63**

#### FINANCIAL SERVICES

Am. Pacific Reverse Mortgage Grp., **41**  
Bangerter, Reverse Mortgage, **96**  
Edward Jones, **36**  
Reverse Mortgage Funding, **50**  
TAD Executive Fiduciary Services, **84**

#### GOLF

Electrick Motorsports Inc., **83**  
Lincoln Hills Golf Club, **11**

#### HAIR CARE

Kathy Saaty, **42**

#### HANDYMAN SERVICES

A-R Smit & Associates, **36**  
Bartley Properties, **35**  
Bennett's Handyman Service, **38**  
Home Handyman Services, **42**  
L&D Handyman, **81**  
Wayne's Fix-all Service, **44**

#### HEALTHCARE

Tetra Healing Company, **67**

#### HEARING

Gold Country Hearing, **26**  
Miracle Ear, **70**  
Roseville Diagnostic Hearing Center, **32**

#### HEATING AND AIR

Accu Air & Electrical, **86**  
Environmental Heating & Air, **70**  
Good Value Heating & Air, **27**  
Peck Heating & Air, **18**  
Sierra Valley Home Corp., **30**  
Service Champions, **94**

#### HOME FURNISHINGS

California Backyard, **63**

#### HOME IMPROVEMENT

1A Advanced Garage Doors, **48**  
Ace Appliance Repair, **38**  
Brent Gould Flooring, **48**  
California Carpet & Design Center, **14**  
Carpet Discounters, **80**  
Cal-Rox Roofing, **66**  
Don's Awnings, **75**  
Findley Iron Works, **86**  
Gary's Refinishing, **66**  
GTL Construction, **14**  
Knock on Wood, **18**  
Nielson Fine Floors, **92**  
Overhead Door Co., **37**  
Sac's Garage Door Repair, **52**  
Screenmobile, **86**  
Simply Restored Surfaces, **23**  
The Closet Doctor, **79**  
Wallbeds & More, **84**

#### HOME SECURITY

Central Security Group, **57**

#### IN HOME CARE

Dave Norman's Helping Hand, **98**  
Home Care Assistance, **70**  
Live Well at Home, **12**  
Right At Home, **16**  
Welcome Home Care, **36**

#### INSURANCE

Allstate Insurance, **46**  
Pat's Med. Ins. Counseling, **73**  
State Farm, Christine Taylor, **52**

#### INTERIOR DESIGN

Guchi Interior Design, **24**  
SunDance Interiors, **97**

#### LANDSCAPING

Boulder Creek Synthetic Grass, **23**  
CM Ponds & Stuff, **74**  
Complete Ponds, **46**  
Duran Landscaping, **34**  
Geo Paradise Landscape, **32**  
Landscape Spray Solutions, **20**  
New Legacy Landscaping, **18**  
Rebark Time, Inc., **90**  
Sanchez Home & Yard Service, **66**  
Terrazas Landscape, **98**

#### LEGAL

Gibson & Tuttle, Inc., **18**  
Law Office Darrel C. Rumley, **94**  
Robertson Law Group, **80**  
Seasons Law, **82**  
Vic DiMattia, **86**  
William J. Sweeney, **30**

#### LIVING STYLE CARE PLANNING

Silver Pathways, **30**

#### MISCELLANEOUS

Energy Emp. Comp. Resource Ctr., **66**  
Visionary Design, **43**

#### MORTUARY SERVICES

Cremation Society/Wagemann, **88**  
Heritage Oaks Memorial Chapel, **96**

#### NOTARY PUBLIC

A McClellan, Notary Public, **40**

#### PAINTING

Dynamic Painting, **36**  
Preferred Painting, **18**  
Sorin's Painting, **31**

#### PEST CONTROL

Noble Way Pest Control, **94**

#### PETS

A Pet's World, **35**

#### PLUMBING

BZ Plumbing Co. Inc., **84**  
Class Act Plumbing, **96**  
Eagle Plumbing, **48**  
Maples Plumbing, **86**  
Ronald T. Curtis Plumbing, **33**  
Super Mario Plumbing, **16**

#### PODIATRY

Lincoln Podiatry Center, **80**

#### PROPERTY MANAGEMENT

Gold Properties of Lincoln, **48**

#### REAL ESTATE

Carolyn Properties, **28**  
Century 21  
- Mary Olsen, **24**  
Coldwell Banker/Sun Ridge, **10**  
- Anne Wiens, **37**  
- Don Gerring, **39**  
- Donna Judah, **84**  
- Gail Cirata, **32**  
- Michelle Cowles, **44**  
- Paula Nelson, **98**  
- Tara Pinder, **16**  
- The Gillis Group, **34**  
- Tony Williams, **52**  
Grupp & Assocs. Real Estate, **91**  
HomeSmart Realty - Shari McGrail, **48**  
Shelley Weisman, **46**

#### SENIOR DAYCARE

Daycation for Seniors, **78**

#### SENIOR LIVING

Eskaton Village, **60**  
Oakmont of Roseville, **28**  
Sierra Pointe, **20**  
Summerset, **45**

#### SHREDDING

RedDog Shredz, **29**

#### SOLAR

Vivint Solar, **58**

#### SPRINKLER SERVICES

Gary's Sprinkler Repair, **48**  
Sprinkler Medic, **27**

#### TRANSPORTATION

Apex Airport Transportation, **43**  
Ride in Comfort, **41**

#### TRAVEL

Club Cruise, **18, 101**

#### TREE SERVICES

Acorn Arboricultural Svcs. Inc., **98**  
Capital Arborists, **12**  
Golden State Tree Care, **20**  
Mullen Tree and Shrub Care, **92**

#### VACATION RENTAL

Maui & Tahoe Condos, **33**  
Royal Pacific Bodega Bay, **57**

**COMPASS** — A monthly magazine established August 1999

**COMPASS Editor:** Theresa Renken 916-625-4014

**Resident Editor:** Doug Brown **Resident Writers:** Pat Evans, Joan Logue, Nina Mazzo, Richard Pearl, Al Roten, Shirley Schultz **Layout/Design and Printing:** Fruitridge Printing

The Association provides this publication for informational purposes only. Sun City Lincoln Hills does not guarantee, endorse or promote any of the products or services advertised herein and assumes no responsibility or liability for the statements made in this publication. Submitted articles may be edited and republished in any format. All articles submitted become the property of Sun City Lincoln Hills Community Association. The Association reserves the right to make an Editor's response or to comment on submitted articles. Copyright © 2014 by Sun City Lincoln Hills. All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or any information storage and retrieval system without express permission in writing from the publisher.





WE'RE CLEANING OUT THE CLOSET!

7 T SHIRTS-POLOS-YOGA & FITNESS WEAR-  
SCLH CLOTHING-NOVELTIES-SEASONAL ITEMS  
Days OF SAVINGS  
AT THE KS FITNESS CENTER

THURSDAY, MAY 17-MAY 24

DURING REGULAR FITNESS HOURS



for more info:  
[cindy.davis@sclhca.com](mailto:cindy.davis@sclhca.com)

